SIXTH EDITION

Favorite Recipes of Alabama Vocational Home Economics Teachers

SIXTH EDITION

Favorite Recipes of Alabama Vocational Home Economics Teachers

FOREWORD

The Future Homemakers of Alabama gratefully acknowledge the work and dedication of Mrs. Ruby C. Phillips, District Specialist, Home Economics Education, in serving as chairperson for the development of the Bicentennial and each of the other six editions of *Favorite Recipes of Alabama Vocational Home Economics Teachers.*

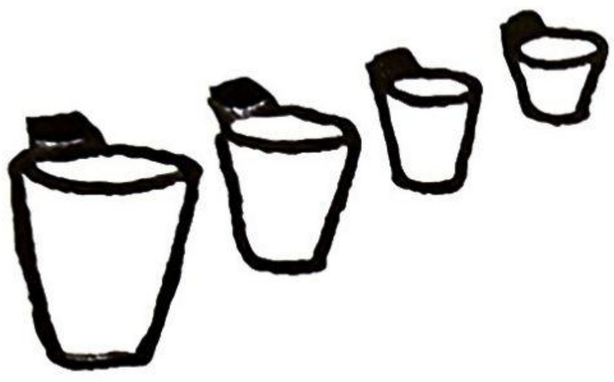
This is the Sixth Edition of *Favorite Recipes of Alabama Vocational Home Economics Teachers.* The recipes are unduplicated from the previous editions. The first, second, third, fourth and Bicentennial editions are out of print. Copies of the fifth and sixth editions are available and can be purchased from:

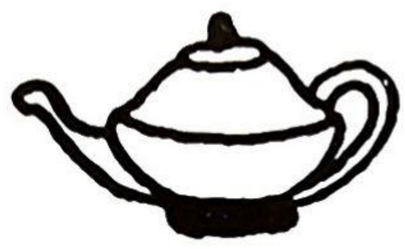
Vocational Home Economics Office
P. O. Box 330
Montevallo, Alabama 35115

OR

Mrs. Sue Smith
State Specialist
Home Economics Education
Room 807 State Office Building
Montgomery, Alabama 36130

First Printing 1980





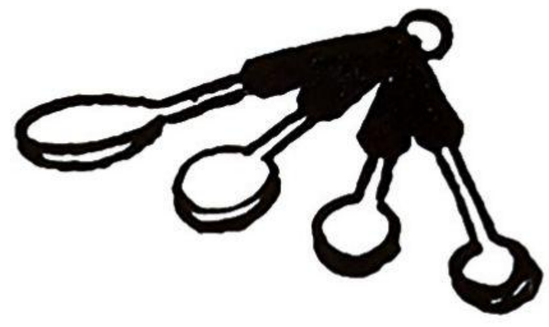


Table Of Contents

BEVERAGES..... 5

BREADS..... 8

CAKES, FILLINGS AND FROSTINGS..... 19

CANDIES..... 38

CASSEROLES..... 43

COOKIES..... 76

DESSERTS..... 93

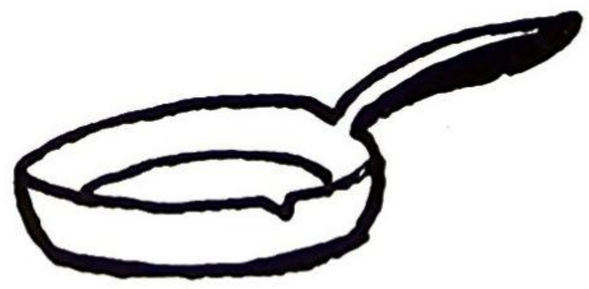
MEATS, POULTRY AND SEAFOODS.....112

PARTY FOODS.....140

PIES AND PUDDINGS.....152

SALADS AND SALAD DRESSINGS.....164

VEGETABLES, PRESERVATION AND MISCELLANEOUS..179



ABBREVIATIONS USED IN THIS BOOK:

Cup	c.	Gallon	gal.
Tablespoon	T.	Pound	lb.
Teaspoon	t.	Ounce	oz.
Large	lge.	Square	sq.
Package	pkg.	Dozen	doz.
Quart	qt.	Slice	sl.
Pint	pt.		

IN MEASURING REMEMBER:

3 t. = 1 T.
4 T. = ¼ c.
16 T. = 1 c.
5 T. + 1 t. = ⅓ c.
12 T. = ¾ c.
4 oz. = ½ c.
8 oz. = 1 c.

2 c. sugar = 1 lb.
2 c. fat = 1 lb.
2⅔ c. confectioners sugar = 1 lb.
2⅔ c. brown sugar = 1 lb.
4 c. sifted all-purpose flour = 1 lb.
5 c. sifted cake flour = 1 lb.

SUBSTITUTIONS:

1 sq. unsweetened chocolate = 3 to 4 T. cocoa + 1 T. fat
1 c. brown sugar (firmly packed) = 1 c. granulated sugar
1 c. sour milk or buttermilk = 1 c. sweet milk + 1 T. lemon juice or vinegar
1 whole egg = 2 egg yolks (in custards)
1 whole egg = 2 egg yolks + 1 T. water (in cookies)
1 c. sifted cake flour = 1 c. sifted all-purpose flour less 2 T.
1 c. sifted all-purpose flour = 1 c. sifted cake flour + 2 T.
1 T. corn starch (for thickening) = 2 T. flour
1 T. baking powder = ¼ t. soda + ½ t. cream of tartar

Beverages

FRENCH HOT CHOCOLATE

Number of Servings — 8

4 sqs. semi-sweet chocolate
¼ c. light corn syrup
½ t. vanilla
4 c. milk
1 c. heavy whipping cream

(1) In double boiler over hot, not boiling water (or in a heavy, 1 quart saucepan over low heat) heat chocolate and corn syrup until chocolate is melted and mixture is smooth, stirring occasionally with rubber spatula. (2) Cover and refrigerate 30 minutes or until mixture is cool. (3) Stir in vanilla. (4) In 2 quart saucepan, over medium-low heat, heat milk until very hot and small bubbles form around edge (do not boil). (5) Meanwhile, in a small bowl with mixer at medium low speed, beat cream and chocolate mixture until soft peaks form. (To serve, pour milk in warm pitcher or coffee pot. Spoon whipped cream mixture into 8 coffee cups; fill cups with hot milk.)

— Marion Hope Formby, Spring Garden High School

APRICOT FIZZ

Number of Servings — 4

1 c. apricot nectar
¼ c. sugar
2 c. Sprite (7•Up may be substituted
½ c. lemon juice
2 c. ice cubes

(1) Combine all ingredients. (2) Pour mixture into a blender. (3) Blend for 2 minutes. (4) Pour into tall beverage glasses to serve.

— Felicia R. Huguley, Headland High School

ORANGE FIZZ

Number of Servings — 4

1 c. orange juice
¼c. sugar
ice cubes
2 7-oz. bottles ginger ale, chilled
orange slices, quartered

(1) Combine orange juice and sugar; chill. (2) Put ice cubes in 4 tall glasses. (3) Add 1/4 cup juice mixture to each. (4) Gently fill glasses with ginger ale. (5) Stir once or twice. (6) Add quartered orange slices for garnish.

— Betty Barnes, Headland Center

HOT CHOCOLATE MIX

1 lb. instant chocolate drink powder
1 lb. confectioners' sugar, sifted
6-oz. jar instant cream
8-qt. box instant non-fat milk powder

(1) Mix ingredients in gallon container. Keep airtight. (2) Put 3 tablespoons mix in 1 cup hot water. Stir.

— Donzella S. Bobo, Plainview High School, Rainsville

CLEAR-WATER CRANBERRY PUNCH

Number of Servings — 20 ½-cups

½ c. water
½ c. sugar
32-oz. bottle cranberry juice cocktail
2 c. Kraft pure 100% unsweetened pasteurized orange juice
¼ c. lemon juice
28-oz. bottle ginger ale, chilled
1 orange, sliced

(1) Combine water and sugar. Bring to boil; continue boiling until sugar is dissolved. (2) Combine sugar-syrup, cranberry juice, orange juice and lemon juice; chill. Add ginger ale just before serving. (Garnish with orange slices.)

— Bernice McCaskill, Marengo High School, Dixon Mills

COUNTY LINE PUNCH

Number of Servings — 100

7 lb. sugar
12 pkg. lemon lime Kool-Aid
4 gal. water
3 lge. cans orange juice
2 lge. cans unsweetened pineapple juice

(1) Mix all ingredients thoroughly and chill well before serving. (Suitable for freezing.)

— Deborah G. Kidd, Benjamin Russell High School, Alexander City

FLORIDA PUNCH

Number of Servings — 100

4 c. sugar
4 c. water
2 46-oz. cans orange juice
2 46-oz. cans pineapple juice
4 sm. cans frozen lemonade
4 qts. ginger ale

(1) Combine sugar and water and bring to a boil; chill. (This makes a light syrup.) (2) Add orange juice, pineapple juice, and lemonade to the chilled syrup. (Do not add water to lemonade.) (This juice mixture may be stored in refrigerator for two weeks.) (3) Add ginger ale when ready to serve.

— Cherry R. Page, Russell County Area Vocational School, Seale

RED PUNCH

Number of Servings — 35-50

2 qts. cherry Kool-Aid
1 lge. can pineapple juice
1 lge. can orange juice
1 sm. can grapefruit juice
1 #303 can crushed pineapple, chilled
2 lge. bottles ginger ale
½ gal. pineapple sherbert

(1) Chill all ingredients. (Mix punch 5 minutes before serving.) (2) Add all juices and Kool-Aid; add crushed, chilled pineapple; cut up sherbert and add to juices. (3) Pour ginger ale over punch. (This is a red punch. If a different color punch is needed, such as green, change the Kool-Aid to lime, etc.)

— Carol Reid, Warrior High School

SHARON'S PUNCH

Number of Servings — 2 gallons

5 c. sugar
5 c. water
3 pkg. Kool-Aid, strawberry or grape
1 tall can pineapple juice
2 6-oz. bottles Seven-Up

(1) Mix sugar and water in saucepan. (2) Boil together for 5 minutes. (3) Add Kool-Aid and pineapple juice. (4) Add water to measure 2 gallons. (5) Freeze. (6) Thaw punch until mushy. (7) Add Seven-Up a few minutes before serving.

— Marie Myrick, Rogers High School, Florence

SLUSH PUNCH

Number of Servings — 30-40

3½ c. sugar
6 c. water
2 3-oz. pkg. mixed fruit flavored gelatin
46-oz. can pineapple juice
1 qt. orange juice
⅔ c. lemon juice
2 28-oz. bottles ginger ale, chilled

(1) Combine sugar and water in a large saucepan; bring to a boil and simmer 3 minutes. (2) Stir in gelatin, pineapple juice, orange juice, and lemon juice. (3) Ladle into wide-topped freezer containers, leaving 1 inch headspace. Cover tightly and freeze. (4) To serve, partially thaw juice mixture at room temperature (about 5 hours). (5) Place in punch bowl. Stir with a fork to break up ice chunks. (6) Add ginger ale. Yield: about 1½ gallons. (Suitable for freezing.)

— Allene B. Dunn, Five Points High School

QUICK BREADS

CHEESY MUSHROOM BISCUITS

Number of Servings — 24 Biscuits

2¼ c. flour
2 t. baking powder
¼ t. salt
½ c. shortening
1 can mushroom soup
⅓ c. cheese, shredded

(1) Sift flour, baking powder and salt together. (2) Cut in shortening. (3) Add soup to make a soft dough. (4) Divide into two equal parts. (5) Roll out half of dough on floured board and sprinkle with cheese. (6) Roll out other half of dough and place it on top of cheese. (7) Cut out biscuits and bake at 450 degrees until brown. (Suitable for freezing.)

— Vonda L. Ball, Auburn Junior High School

CREAM CHEESE BISCUITS

Number of Servings — 10-12

1 stick butter, unsalted
3-oz. pkg. cream cheese
1 c. Mother's Best self-rising flour

(1) Preheat oven to 400 degrees. (2) Cream butter and cream cheese until light and fluffy. (3) Add self-rising flour and mix well with a fork until smooth. (4) Refrigerate for about 10 minutes for easy handling. (5) Roll or pat out dough one-half inch thick and cut with a small party or biscuit cutter. (6) Place on ungreased cookie sheet and bake in preheated 400 degree oven for about 8-10 minutes or until lightly browned. (Biscuits will not rise very much, but are very light and delicious.)

— Venelia Turner, Ardmore High School

CHEESE BREAD

3¾ c. Bisquick or Pioneer Biscuit mix
1 egg
1½ c. milk
1 c. cheese, grated

(1) Mix the first three ingredients. (2) Fold in the grated cheese. (3) Bake in a greased loaf pan at 350 degrees for 1 hour. (Suitable for freezing.)

— Dorothy Murphy, Russellville Senior High School

STRAWBERRY BREAD

Number of Servings — 16-20

2 10-oz. pkg. frozen strawberries, thawed
4 eggs, unbeaten
1¼ c. vegetable oil
3 c. flour
1 t. baking soda
1 t. salt
3 t. cinnamon
2 c. sugar
1-1¼ c. pecans, chopped

(1) Mix together undrained strawberries, eggs, and oil. (2) Sift dry ingredients into strawberry mixture; reserving about ½ cup flour. Stir to blend thoroughly. (3) Stir nuts into reserved flour (this keeps the nuts from sinking to the bottom) and add to bread mixture; stir well. (4) Pour mixture into two well greased and lightly floured 9'' x 5'' loaf pans. (5) Bake at 350 degrees for one hour or until bread tests done. (If the top starts to over-brown before done, loosely put a tent-shaped piece of foil over the loaves.)

— Vivian Eggers, Lee High School, Huntsville

STRAWBERRY NUT BREAD

Number of Servings — 15-20

1 c. margarine
1½ c. sugar
1 t: vanilla
¼ t. lemon extract
4 eggs
3 c. all-purpose flour
1 t. salt
1 t. cream of tartar
½ t. baking powder
1 c. strawberry jam
½ c. sour cream
1 c. walnuts, chopped

(1) Cream margarine, sugar, vanilla and lemon extract until fluffy. (2) Add eggs one at a time, beating well after each addition. (3) Combine dry ingredients. (4) Combine jam and sour cream. (5) Add jam mixture alternately with dry ingredients to creamed mixture, beating well. Stir in nuts. (6) Bake in two loaf pans at 350 degrees for 50 minutes or until done. (7) Cool 10 minutes in pans; remove and cool completely. (Suitable for freezing.)

— Evelyn Briggs, Central High School, Florence

SPEEDY ORANGE COFFEECAKE

Number of Servings — 10

1 can (10) Hungry Jack biscuits
2 T. margarine, melted
2 T. pecans, finely chopped
2 t. orange peel, grated
¼ c. sugar

Preheat oven to 400 degrees. (1) Dip biscuits in melted margarine, then in mixture of pecans, peel, and sugar. (2) Place biscuits close together in ungreased 9'' cake pan. (3) Bake for 15 minutes or until lightly browned. (Serve hot.)

— Doris D. Patterson, Fairview High School, Cullman

SOUR CREAM CORNBREAD

½ c. margarine
1 c. cream style corn
1 c. sour cream
1 c. self-rising cornmeal
2 eggs, beaten
½ med. onion, grated

(1) Melt margarine in 8'' x 8'' square pan or an 8'' iron skillet in 350 degree oven. Coat pan with margarine. (2) Mix other ingredients until blended. Pour remaining melted margarine from pan or skillet into batter and mix well. Pour batter into hot pan and bake at 350 degrees for 35 to 40 minutes.

— Martha K. Brown, Decatur High School

APPLE MUFFINS

Number of Servings — 12

½ c. sugar
3 T. oil
1 c. Dr. Pepper
1 egg, beaten
2 c. flour
½ t. salt
3 T. dry milk (optional)
3 t. baking powder
pinch soda
1 c. apple, raw, chopped

(1) Add sugar, oil and Dr. Pepper to egg. (2) Sift together flour, salt, dry milk, baking powder and soda and mix with egg mixture. (3) Add apples. (4) Stir until dry ingredients are moistened. (5) Fill greased muffin cups 2/3 full. (6) Bake at 375 degrees for 25 minutes.

— Amelia Smith, Elkmont High School

BRAN MUFFINS

3 c. sugar
5 c. all-purpose flour
5 t. soda
2 t. salt
1 qt. buttermilk
4 eggs
1 c. oil
1 med. size box Raisin Bran cereal
¾ c. wheat germ
1 c. pecans, chopped

(1) Mix all ingredients in very large bowl. (2) Store in airtight container in refrigerator for up to 6 weeks. (3) Stir each time before use. (4) Spoon into greased muffin tins. (5) Bake at 350 degrees for 15 minutes. (Can add dates and orange extract for variety.)

— Glenda Memory, Prattville High School

CREAM OF WHEAT MUFFINS

Number of Servings — 12 muffins

¾ c. quick cream of wheat
¾ c. self-rising flour
¾ stick margarine or butter
1 t. baking powder
½ t. salt
1 egg
sweet milk
1 T. hot water

(1) Mix all ingredients using sweet milk to make to the consistency of cornbread. (2) Add 1 tablespoon hot water. Bake at 450 degrees until brown. (Suitable for freezing.)

— Jean Head, Albertville High School

PUMPKIN MUFFINS

Number of Servings — 18

1½ c. flour, sifted
2 t. baking powder
¾ t. salt
½ c. sugar
½ t. cinnamon
½ t. nutmeg
¼ c. shortening
1 egg, beaten
½ c. pumpkin, cooked
½ c. milk
½ c. raisins
½ c. pecans, chopped

(1) Sift dry ingredients into bowl. (2) Cut in shortening. (3) Combine egg, pumpkin and milk and add to dry ingredients; mix only until moist. (4) Add raisins and pecans. (5) Spoon into greased muffin tins, filling 2/3 full. (5) Bake in preheated 400 degree oven for 15 to 20 minutes.

— Betty Jo Ryan, Albert P. Brewer High School, Somerville

REATHER'S SURPRISE MUFFINS

Number of Servings — 1 Dozen Muffins

2 c. sifted flour
1 t. salt
3 t. baking powder
½ c. sugar
½ c. shortening, unmelted
1 lge. egg
1¼ c. + 2 T. milk
jelly of your choice

(1) Preheat oven 425 degrees. (2) Grease muffin pan. (3) Sift flour before measuring. (4) Sift all dry ingredients together in mixing bowl. (5) Beat egg in a small bowl, add milk, stir egg and milk together. (6) Add shortening and 1 cup of the milk and egg mixture to dry ingredients; mix by hand until smooth. (7) Add rest of milk and egg mixture; mix well. (8) Fill muffin pans 2/3 full. (9) Place a 3/4 teaspoon of jelly in center of each muffin. (Do not push jelly down, a slight crater should be showing around jelly.) (10) Bake for 20 minutes or until golden brown. (Serve hot.)

— Reather I. Jones, Kinterbish Junior High School, Cuba

SQUASH PUPPIES

Number of Servings — 6

1 c. squash, grated
½ c. onion, chopped
1 c. self-rising corn meal mix
¼ c. self-rising flour
1 egg
enough milk to make a stiff batter
cooking oil for frying

(1) Combine all ingredients in mixing bowl and beat. (2) Drop from teaspoon into hot deep fat. (3) Brown on both sides on medium heat. (4) Drain on paper towel. Serve while warm.

— Jo Nell Hollingsworth, Hubbertville High School, Fayette

EASY CARAMEL RING

Number of Servings — 5

¼ c. butter or margarine
½ c. light brown sugar
2 T. light syrup
½ c. pecan halves
¼ c. red cherries, quartered
1 lge. can refrigerator biscuits or any biscuit or pastry dough

(1) Melt butter in round pyrex or other oven-proof dish. (2) Sprinkle brown sugar over melted butter. (3) Pour syrup over sugar and mix with fork. (4) Place oven-proof cup or glass in center. (5) Arrange pecan halves and cherries around cup or glass. (6) Arrange biscuits on top of pecans and cherries. (7) Bake at 450 degrees for about 10 minutes or until brown. (8) Remove cup from center and invert ring into serving dish.

— Janie Johnston, Crossville High School

YEAST BREAD

YEAST BISCUITS

4 c. self-rising flour
¼ c. sugar
1 pkg. yeast
¾ c. oil
1 egg
1½ c. water

(1) Mix dry ingredients in bowl. (2) Add oil, egg, and water. (3) Mix well. (4) Place in covered bowl and place in refrigerator. (5) Remove as much as needed. (6) Knead on floured board. (7) Roll 1/4 to 1/2 inch thick. (8) Cut with biscuit cutter. (9) Bake on ungreased cookie sheet 450 degrees for 10 to 12 minutes. (Keeps two weeks in refrigerator.)

— Laura Parker, Cherokee County Area Vocational School, Centre

HONEY-WHOLE WHEAT LOAVES

Number of Servings — 3 Loaves

1 pkg. active dry yeast
⅓ c. warm water
1⅔ c. warm water
1 c. rolled oats
2 t. salt
⅓ c. oil
⅓ c. raw honey
3 c. all-purpose flour
3 c. coarse ground whole wheat flour

(1) Soften yeast in 1/3 cup water. (2) Add oats to 1⅔ cup water in large mixer bowl. Allow to stand 5 minutes. (3) Add salt, oil, honey, softened yeast and all-purpose flour. (4) Mix on medium speed, using dough hooks, for 5 minutes. (5) Add whole wheat flour and continue mixing for 3 minutes more. (6) Remove dough hooks and cover, allowing to rise until double in bulk. (7) Punch down dough. Divide into 3 equal parts and shape into loaves. (8) Place loaves in 3 well greased loaf

pans and allow to rise until depression made with finger remains. (Should be more than double in size.) (9) Bake at 325 degrees for 40-50 minutes or until loaves sound hollow when tapped. (10) Cool thoroughly before storing in plastic bags. (Suitable for freezing.)

— Carolyn Turner, East Lawrence High School, Trinity

M.A.V.C. WHOLE WHEAT BREAD

Number of Servings — 2 Loaves

¾ c. milk, scalded
5⅓ T. margarine
4 t. salt
¼ c. sugar
¼ c. dark molasses
¼ c. dark Karo
1½ c. lukewarm water
2 pkg. dry yeast
2 c. whole wheat flour
2 c. white flour
2½ c. (or more) whole wheat flour
¾-1 c. white flour

(1) Scald milk. (2) Take from heat and add margarine, salt, sugar, molasses and Karo. (3) In separate large bowl dissolve yeast in lukewarm water. (4) Let milk mixture cool, then add to yeast mixture. (5) Add 2 cups whole wheat flour and 2 cups white flour and beat until smooth. (6) Add remaining flour, in order, until just slightly sticky. (7) Grease large bowl. (8) Turn dough into greased bowl and rotate dough to grease surface. (9) Cover and let rise until double in bulk. (10) Punch down. (11) Knead on lightly floured board. (12) Divide in half and shape into 2 loaves. Place in standard loaf pans and let rise until double. (13) Bake in 400 degree oven for 25 to 35 minutes. (Quantity recipe available on request.) (Suitable for freezing.)

— Judith N. Brown, Montgomery Area Vocational Center

MONKEY BREAD

Number of Servings — 6

1 c. milk
½ c. butter or margarine
4 T. sugar
1 t. salt
1 pkg. dry yeast
3½ c. all-purpose flour
½ c. butter or margarine, melted

(1) Combine milk, ½ cup butter, sugar and salt in a saucepan. (2) Heat until butter is melted. (3) Cool to 105 to 115 degrees. (4) Stir in yeast until dissolved. (5) Place flour in large bowl; make a well in flour and pour in liquid mixture. (6) Stir until blended. (7) Cover and let rise until doubled in bulk, about 1 hour and 20 minutes. (8) Turn dough out on a floured surface; roll 1/4 inch thick. Cut into 3 inch squares. (9) Dip each square into ½ cup melted butter and layer squares in a 10-inch tube or Bundt pan. (10) Let rise until doubled in bulk, 30-40 minutes. (1) Bake at 375 degrees for 30-40 minutes. (Suitable for freezing.)

— Jeanne A. Taylor, Abbeville High School

POTATO BREAD

Number of Servings — 3 Dozen

1 lge. potato
1¼ c. water
2 t. salt
½ c. butter
½ c. powdered milk
2 T. to ½ c. sugar
3 eggs
2 pkg. dry yeast
5-6 c. flour (best if unbleached flour is used)

VARIATION

½ c. butter
1 c. sugar
1 T. cinnamon

TOPPING

1½ c. confectioners' sugar
1 T. milk, orange juice, or water
vanilla

(1) Boil potato in water with salt until tender. (2) Whirl potato and water in mixer. (3) Add butter, powdered milk, sugar and eggs. (4) When mixture is lukewarm, dissolve yeast in mixture; then stir in flour. (5) Knead about 10 minutes. (6) Cover and let rise until double. (7) Punch down and let rise again. (8) Divide dough in half and roll one part out on floured waxed paper. (9) Cut with biscuit cutter; place in greased baking pan. (10) Let rise and bake 25 minutes at 400 degrees.

Sweet Bread Variation:

(1) Roll one-half of dough on waxed paper. (2) Brush on melted butter; add sugar and cinnamon. (3) Roll up and slice. (4) Place on greased baking sheet. (5) Let rise and bake 25 minutes at 400 degrees.

Top with: mixture of powdered sugar, milk, orange juice or water and a drop of vanilla flavoring. (Suitable for freezing.)

— Jackie Sivley, J. B. Pennington High School, Blountsville

YEAST BREAD

Number of Servings — 36 Rolls

1 pkg. active dry yeast
¼ c. lukewarm water
¾ c. shortening
1½ c. milk
1 t. salt
¼ c. sugar
1 egg
4-4½ c. flour, sifted

(1) Dissolve yeast in water. (2) Heat shortening, milk, salt, and sugar until shortening melts. (3) Pour milk mixture in mixing bowl and allow to cool. (4) Add slightly beaten egg. (5) Add yeast. (6) Add flour, one cup at a time, beating well after each. (Dough should be elastic-like and should pull away from the sides of bowl.) (7) Refrigerate 1 hour. (8) Roll out, cut in desired shape. (9) Let stand at room temperature 20 minutes. (10) Bake at 450 degrees for 10-12 minutes. (Dough suitable for freezing.)

— Rosemary Parnell, Homewood High School

KOLACHI

2 pkg. dry yeast
1 c. milk, warm
1 t. sugar
5 egg yolks
½ lb. butter, soft
½ c. sugar
1 c. milk, warm
½ t. salt
6 c. all-purpose plain flour

(1) Mix yeast, 1 cup warm milk and 1 teaspoon sugar and set aside. (2) Mix yolks, butter, sugar, warm milk and salt. (3) Add 2 cups flour and beat well. (4) Add yeast mixture and remaining flour. (5) If dough is sticky, add flour and knead. (6) Let rise 1½-2 hours.

FILLING

5 egg whites, stiffly beaten
3 c. sugar
3 lb. nuts, ground
milk, warmed
egg white, beaten

(1) Add sugar to beaten egg whites and fold in nuts. Add enough warm milk to make spreadable. (2) Pre-heat oven to 350 degrees. (3) Separate dough into 10 balls and let rise 1/2 hour. (4) Roll as thin as possible and spread with filling. (5) Roll Jelly-roll fashion. (6) Tuck under ends. (7) Let rise about 1 hour. (8) Brush top with beaten egg white. (9) Bake at 350 degrees for 45 minutes to 1 hour or until golden brown. (Suitable for freezing.)

— Johnie Sport, Dozier High School

ANGEL ROLLS

Number of Servings — 10-15 Rolls

2 c. self-rising flour
¼ c. shortening
¼ c. sugar
¾ c. warm water
1 pkg. yeast

(1) Sift flour. (2) Cut in shortening. (3) Add sugar. (4) Dissolve yeast in warm water. (5) Add yeast mixture to flour mixture. (6) Roll like biscuits. (7) Cut with large cutter and fold over. (8) Let rise once after putting in pan until double. (9) After rising, bake 10 to 12 minutes at 400 degrees.

— Betty Walker, Dora High School

DINNER ROLLS

Number of Servings — 16-24

2 pkg. active dry yeast
1¼ c. warm water
¼ c. butter, softened
4-serving size pkg. egg custard mix
3-3½ c. flour
½ t. salt

(1) Soften yeast in water in large bowl. (2) Add butter, salt, and dry custard mix, stir until dissolved. (3) Gradually add flour, mixing well. (4) Knead dough on lightly floured surface 12 times. (5) Roll out dough

on a floured surface to a 20" x 8" rectangle. (6) Cut in half, lengthwise, making two 20" x 4" strips. (7) With knife handle, crease each strip lengthwise, slightly off center and fold along crease. (8) Gently pull and shape each strip to 24". (9) Cut into two or three inch slices. (10) Place on greased cookie sheet, cover, let rise in warm place until light, 45-60 minutes. (11) Bake at 400 degrees for 10-15 minutes. (Suitable for freezing.)

— Dorothy P. Petty, North Sand Mountain School, Higdon

MARTHA'S ROLLS

Number of Servings — 12

2 c. self-rising flour
¼ c. sugar
¼ c. shortening
1 pkg. granulated (active dry) yeast
¾ c. warm water

(1) Combine flour and sugar. (2) Cut shortening in flour and sugar mixture. (3) Dissolve yeast in warm water and mix with dry ingredients. (4) Divide dough into 12 portions and roll each into a ball. (Shape with floured hands, as dough is sticky.) (5) Place each ball of dough in a well-greased muffin pan. (6) Allow to rise in warm place for one to one and a half hours. (7) Bake at 425 degrees for 10-12 minutes.

— Jimmie Dollar, Cullman High School

MOM'S YEAST ROLLS

Number of Servings — 24 Rolls

1 c. shortening
½ c. sugar
1 c. boiling water
1 c. cold water
2 pkg. dry yeast
2 eggs, well beaten
6 c. plain flour, unsifted
1 t. salt

(1) Cream shortening and sugar. (2) Slowly add boiling water. (3) When mixture is almost dissolved, add cold water. (4) When mixture is lukewarm, add yeast and allow it to dissolve. (5) Add beaten eggs, flour, and salt; mix well. (6) Refrigerate overnight. (7) When ready for use, roll dough 1/2 inch thick and cut with biscuit cutter, spread with butter and fold over. (8) Place in warm place for 1½-2 hours to rise. (9) Bake 10 minutes at 450 degrees. (If necessary, rolls may be shaped and refrigerated before rising.)

— Shirley Whitten, Kate Duncan Smith DAR School, Grant

OUT OF THIS WORLD ROLLS

Number of Servings — 3 Dozen

2 pkg. dry yeast
¼ c. warm water
1 c. warm water
½ c. shortening
½ c. sugar
2 t. salt
4½-5 c. plain flour, unsifted
soft butter

(1) Dissolve yeast in 1/2 cup warm water, let stand 10 minutes. (2) Beat eggs and add to the eggs the following: dissolved yeast, 1 cup warm water, shortening, sugar and salt. (3) Beat until smooth on medium speed of mixer for 2 minutes. (4) With wooden spoon scrape down sides of bowl. (5) Beat in 1/2 of the flour to make a soft dough using mixer. (6) Add the rest of the flour with wooden spoon to make soft dough. (7) Cover and let double in volume — about 1 hour. (8) Punch down and cover, refrigerate over night. (9) About 1½ hours before baking, take out the desired amount. (10) Roll 1/2'' thick and spread with soft butter. (11) Roll as a jelly roll. Cut 1 inch thick. Place cut side down in greased muffin pan. (12) Bake at 400 degrees 12 to 15 minutes or until brown. (Dough will keep 1 week in refrigerator.) (Suitable for freezing.)

— Beuna Glidewell, Cordova High School

QUICK YEAST ROLLS

Number of Servings — 1½ Dozen

½ c. milk
¼ c. shortening
2 T. sugar
2 t. salt
½ c. water, cold
1 pkg. yeast
1 egg, unbeaten
3 c. flour, sifted

(1) Scald milk. (2) Add shortening, sugar, and salt and stir until dissolved. (3) Add cold water then cool to lukewarm. (4) Put into large mixer bowl, then add yeast and egg and beat until yeast is dissolved. (5) Add gradually 2 cups of flour. (6) Remove from mixer and add remaining 1 cup of flour. (7) Turn out onto well-floured board and knead until smooth. (8) Shape and place on a greased pan and brush with butter. (9) Cover with damp cloth and let rise in a warm place about one hour or until doubled in bulk. (1) Bake at 425 degrees for about 20 minutes until golden brown.

— Donna Mitchell, Randolph County High School, Wedowee

REFRIGERATOR ROLLS

Number of Servings — 30

2 pkg. yeast
1¼ c. warm water
3 eggs
5 c. all-purpose flour, unsifted
½ c. shortening
½ c. sugar
2 t. salt

(1) Dissolve yeast in ½ cup of the warm water. Let stand 10 minutes. (2) Combine dissolved yeast, remaining 1 cup warm water, three well-beaten eggs, 2½ cups flour, shortening, sugar, and salt in a large mixing bowl. (3) Beat until smooth at medium speed, about 2 minutes. (4) With wooden spoon stir in remaining flour to make soft dough. (5)

Cover and allow to rise until double in bulk, about 1 hour. Punch down. Refrigerate overnight. (6) About two hours before serving, shape into dinner rolls and allow to rise until double in bulk, approximately 1½ to 2 hours. (7) Preheat oven to 400 degrees. Bake for 12 to 15 minutes. (**To freeze:** Bake only 6 minutes or until just beginning to brown. When cool, store rolls in plastic bag. Bake an additional 10-12 minutes as needed.)

— Rae M. Boswell, Thomasville High School

SPOON ROLLS

Number of Servings — 2 Dozen

1 pkg. dry yeast
2 c. water, warm
1½ sticks margarine, melted
¼ c. sugar
1 egg
4 c. self-rising flour

(1) Place yeast in 2 cups warm water. (2) Melt butter; cream with sugar in a large bowl. (3) Add beaten egg. (4) Add dissolved yeast to creamed mixture. (5) Add the flour and stir until well mixed. (6) Place in airtight bowl and keep in refrigerator. (7) Drop by spoonsful into well-greased 2½-inch muffin tins and bake at 350 degrees about 20 minutes. (This dough keeps for several days.)

— Betty G. Robertson, Tallassee High School

TENDER DINNER ROLLS

Number of Servings — 36-40 Rolls

1 pkg. yeast
¼ c. water, lukewarm
1 c. butter
4½ to 5 c. flour, sifted
2 eggs, slightly beaten
1 c. milk, scalded, lukewarm
¼ c. sugar
1 t. salt

(1) Soften yeast in water. Set aside. (2) Cut butter into 3 cups flour. (3) Combine eggs, milk, sugar, salt and yeast. Add to flour-butter mixture. Mix well. Gradually add 1½-2 cups additional flour to form stiff dough. Cover and refrigerate 2-3 hours or overnight. (May be stored in refrigerator up to 4 days.) (4) Divide chilled dough in 4-5 parts. Roll out on floured board (one at a time) handling as little as possible. Brush top with melted butter. Cut in desired shapes and place on greased baking sheet. (May be frozen at this point, packaged, and used as needed by allowing rising time.) (5) Allow to rise until doubled in size, 1½-3 hours. (6) Bake at 375 degrees 15-18 minutes until golden brown. (May be frozen at this stage also — reheated in conventional or microwave oven and served.)

— Eleanor A. Harris, Auburn High School

Cakes, Fillings and Frostings

CAKES

FRESH APPLE NUT CAKE

Number of Servings — 24

2 eggs
1 c. cooking oil
1¾ c. sugar
2½ c. self-rising flour, sifted
1 c. nuts, chopped
3 c. apples, pared and chopped
1 t. cinnamon
1 t. vanilla extract

(1) Heat oven to 300 degrees. Grease a 13'' x 9'' x 2'' baking pan. (2) Beat together eggs, oil, and sugar. (3) Add remaining ingredients and mix well. (4) Turn batter into prepared pan and bake 1 hour and 10 minutes. (5) Let cake cool in pan. (6) Frost with Cream Cheese Icing and cut into squares to serve. (If using Plain Flour, sift 1 teaspoon salt, 1 teaspoon baking powder and 1 teaspoon soda with the flour.)

ICING

2 3-oz. pkg. cream cheese
½ stick butter or margarine
1 box confectioners' sugar
2 t. vanilla extract

(1) Combine all ingredients and beat to blend. (2) Spread on cake. (For orange cake: Use 1/2 teaspoon orange extract instead of vanilla and add 1 teaspoon grated orange rind.)

— Margaret Golden, Millport High School

BANANA CAKE

2½ c. sugar
¾ c. shortening
3 eggs, well beaten
3 c. all-purpose flour
1½ t. baking soda
1 t. salt
¾ c. sour milk or buttermilk
1½ c. mashed banana

(1) Cream sugar and shortening. (2) Add eggs and mix well. (3) Sift flour, salt and soda together. (4) Add buttermilk, flour mixture, and bananas alternately, beating well. (5) Add vanilla. (6) Bake in 3 greased and floured pans at 325 degrees for 25-30 minutes.

FROSTING

2 egg whites
¼ t. cream of tartar
¾ c. sugar
¼ t. salt
1 T. vanilla
⅓ c. white syrup
2 T. water

(1) Combine all ingredients in large saucepan. (2) Use low heat and cook 5 minutes beating constantly on high speed.

— Brenda Ashley, Disque Middle School, Gadsden

DELICIOUS CARAMEL CAKE

1 c. Crisco
1¼ c. sugar
1 c. milk
4 eggs, beaten
1 t. vanilla
2 c. self-rising flour

(1) Mix sugar and Crisco; blend well, add eggs, beating thoroughly. (2) Add vanilla. Add milk and sifted flour alternately, beginning and ending with flour. Mix well. (3) Grease and flour 4 cake pans (makes 4 thin layers.) Bake 15-20 minutes at 350 degrees, or until done.

FROSTING

2 c. sugar
1 sm. can Pet Milk
½ c. sugar
2 sticks margarine

(1) Mix 2 cups sugar and milk in saucepan. (2) Put 1/2 cup sugar in iron skillet (or heavy pan) and heat until melted and dark brown (burned practically). Add to sugar and milk mixture. (3) Cook about 10 minutes. Add margarine and stir until ready to spread. Delicious!

— Grace Mount, Opelika High School

CARROT-PINEAPPLE CAKE

Number of Servings — 1 - 9" x 9" Cake

1½ c. all-purpose flour, sifted
1 c. sugar
1 t. baking powder
1 t. baking soda
1 t. ground cinnamon
1½ t. salt
1 c. carrots, finely shredded
⅔ c. salad oil
2 eggs
½ c. crushed pineapple (with syrup)
1 t. vanilla

(1) Sift together dry ingredients into large mixing bowl. (2) Add all other ingredients; mix until moistened. (3) Beat 2 minutes at medium speed on electric mixer. (4) Bake in greased and lightly floured 9'' x 9'' x 2'' pan in 350 degree oven about 35 minutes or until done. (5) Frost with cream cheese frosting. (Suitable for freezing.)

— Jane B. Brennan, S. R. Butler High School, Huntsville

CHOCOLATE FUDGE CAKE

2¼ c. cake flour
1 lb. box brown sugar
1 t. soda
dash of salt
1 c. buttermilk
½ c. shortening
3 eggs
2 sq. chocolate or 6 T. cocoa
1 t. vanilla

(1) Sift flour, soda, and salt into bowl. (2) Add sugar and shortening and 2/3 cup milk and beat on medium speed until well blended. (3) Add rest of milk, eggs, vanilla and melted chocolate (or cocoa); beat until smooth. Bake at 350 degrees approximately 35 minutes. (Makes 2 large layers. Top with 7-Minute Frosting, using brown sugar instead of white. Also delicious with chocolate fudge frosting.)

— Bettye Buchanan, Boaz High School

CHOCOLATE FUDGE CAKE

Number of Servings — 18-20

1 c. butter
2½ c. sugar
5 eggs
2 c. flour
1 c. cocoa
½ t. soda
1 c. buttermilk
2 t. vanilla flavoring

(1) Cream butter, add sugar and cream. (2) Add eggs, one at a time, beating after each addition. (3) Sift flour, cocoa, and soda together. (4) Alternately add flour and milk to butter-egg mixture, ending with milk. (5) Add vanilla flavoring and mix. (6) Bake in four 8'' or 9'' pans that have been greased and floured at 350 degrees for 25 minutes. (Suitable for freezing.)

FILLING

3 T. cocoa
2 T. flour
3 c. sugar
1 c. milk
1 c. butter

(1) Combine cocoa, flour, sugar, then add milk slowly, stirring as you add. (2) Add butter and bring to a full rolling boil, then reduce heat to low and cook to the soft-boil stage. (Do not over cook.) (3) Remove from heat and beat until thick. (4) Ice cooled cake.

— E. Carol Collins, A. G. Gaston Junior High School, Bessemer
Courtesy of Essie Tapley

CHOCOLATE SOUR CREAM CAKE

Number of Servings — 12

1¾ c. unsifted all-purpose flour
1¾ c. sugar
¾ c. unsweetened cocoa powder
1½ t. baking soda
1 t. salt
⅔ c. butter or margarine, softened
2 c. sour cream
2 eggs
1 t. vanilla

(1) Combine flour, sugar, cocoa, baking soda, and salt in a large mixing bowl. (2) On low speed of mixer, blend in softened butter, eggs, sour cream and vanilla. Beat 3 minutes at medium speed. (3) Pour batter into greased and floured 13'' x 9'' x 2'' pan. Bake at 350 degrees for 35 minutes or until done. Cool completely. Frost with fudge frosting. (Suitable for freezing.)

FUDGE FROSTING

Number of Servings — Makes 1 cup Frosting

3 T. butter or margarine
⅓ c. unsweetened cocoa powder
1⅓ c. confectioners' sugar
½ t. vanilla
2-3 T. milk

(1) Melt butter or margarine. Add cocoa. Stir until thoroughly combined. (2) Pour into small mixer bowl and cool completely. (3) Alternately add confectioners' sugar, vanilla and milk, beating with electric mixer to spreading consistency.

— Lynn Lloyd, Mountain Brook Junior High School, Birmingham

WHITE CHOCOLATE CAKE

Number of Servings — 10-15

¼ lb. white chocolate
½ c. water, boiling
1 c. butter
2 c. sugar
4 egg yolks
1 t. vanilla
2½ c. cake flour
1 t. soda
1 c. buttermilk
4 egg whites, beaten stiffly
1 c. pecans or almonds, chopped
1 c. flaked coconut

(1) Melt chocolate in boiling water, cool. (2) Cream butter and sugar. (3) Mix in egg yolks one at a time. (4) Add melted chocolate and vanilla. (5) Sift flour and soda. Add chocolate mixture alternately with buttermilk. Do not overmix. (6) Fold egg whites in batter and stir in nuts and coconut. (7) Bake in 3 layers at 350 degrees for 25-30 minutes or until done. Cool and frost. (Suitable for freezing.),

FROSTING

1 lge. can evaporated milk
1 c. sugar
¼ c. butter
3 egg yolks, beaten stiffly
1 c. flaked coconut
1 c. nuts, chopped

(1) Put milk, sugar and butter in pan and bring to boil. Stir constantly. (2) Blend the egg yolks into cooked mixture. (3) Add flavoring. (4) Cook, stirring over low heat until thick, about 15 minutes. (5) Remove from heat and add coconut and nuts. (6) Beat until fluffy and of spreading consistency.

— Margaret Bond, Wicksburg High School, Newton

COCONUT CAKE

1 pkg. yellow cake mix
1 pkg. (4 serving size) Jell-O brand vanilla instant pudding mix
1⅓ c. water
4 eggs
¼ c. oil
2 c. Baker's Angel Flake coconut
1 c. walnuts or pecans, chopped

Filling:
⅓ c. lemon juice
1 lemon rind, grated
¾ c. sugar
¾ c. water
2 T. butter
3 T. corn starch
¼ t. salt

(1) Blend cake mix, pudding, water, eggs and oil for 4 minutes. (2) Stir in coconut and nuts. (3) Bake in 3 pans at 350 degrees for 35 minutes. (4) Cool in pans for 15 minutes then remove from pans. (5) Combine lemon juice, lemon rind, sugar, water, butter, corn starch, and salt. Cook until thick. Fill cooled layers. (6) Frost with cream cheese frosting.

COCONUT CREAM CHEESE FROSTING

4 T. butter
2 c. Bakers Angel Flake coconut
8-oz. pkg. cream cheese
2 t. milk
3½ c. confectioners' sugar
1 t. vanilla

(1) Melt 2 T. butter in skillet. Add coconut. (2) Stir over low heat until brown. (3) Spread on paper to cool. (4) Cream 2 T. butter with cream cheese. (5) Add milk; beat in sugar gradually. (6) Blend in vanilla. (7) Stir in 1¾ c. of the coconut. (8) Spread on top and sides of the cake. (9) Sprinkle with remaining coconut.

— Ivadine Gilbert, Ider High School

COCONUT REFRIGERATOR CAKE

4 eggs
1 c. water
½ c. oil
1 box white cake mix
1 box vanilla instant pudding
2 6-0z. pkg. frozen coconut
1½ c. sugar
8-oz. carton sour cream
3-oz. cream cheese
½ c. sugar
½ c. confectioners' sugar
1 t. vanilla
1 pack Dream Whip

(1) Mix eggs, water, oil, cake mix and vanilla instant pudding. (2) Bake in greased and floured cake pans for 25 minutes at 350 degrees. (3) After cooling, split to make four layers. (4) Stack with filling made of frozen coconut, 1½ cups sugar and sour cream. (5) Store in refrigerator in air tight container for 3-5 days. (6) When ready to serve, mix softened cream cheese, 1/2 cup granulated sugar, 1/2 cup confectioners' sugar and the vanilla. (7) Fold in 1 pack of whipped Dream Whip and frost top and sides of cake. (Must be stored in refrigerator.)

— Karen Stewart, Hayden High School

GOLDEN DATE CAKE

2 c. + 2 T. Gold Medal Flour, sifted
1½ c. sugar
1 t. salt
3 t. baking powder
½ c. Crisco
1 c. milk
1½ t. vanilla flavoring
2 med. eggs
1 c. pitted dates, chopped
½ c. nuts, coarsely chopped
3 c. confectioners' sugar
⅓ c. Crisco
3 T. orange juice
1½ T. orange rind, grated

(1) Sift together flour, sugar, salt and baking powder. (2) Add Crisco, milk and flavoring. Beat 2 minutes with mixer. (3) Add eggs and dates and beat 2 minutes. (4) Fold in nuts. (5) Pour batter into two 8" greased and floured pans. (6) Bake at 350 degrees for 35-45 minutes. Cool and frost with fresh orange icing. Blend together confectioners' sugar, 1/3 cup Crisco, orange juice and grated orange rind. Beat until smooth using mixer. Add more juice if needed for even spreading.

— Martha Alice Cowan, Maplesville High School

ECONOMICAL LIGHT FRUIT CAKE

Number of Servings — 11

½ c. margarine
½ c. sugar
2 eggs
2 c. all-purpose flour, sifted
2 t. double-acting baking powder
1⅓ c. dried fruit
¼-⅓ c. candied peel, chopped
2 T. milk

(1) Cream margarine and sugar: (2) Add eggs and beat well. (3) Sift dry ingredients together. (4) Add dry ingredients to creamed mixture. (5) Add dried fruit and chopped candied peels to batter. (6) Add milk and mix thoroughly. (7) Bake in greased loaf pan for 1 to 1¼ hours at 350-375 degrees.

— Corrine B. Small, Pine Hill Middle School

REFRIGERATOR FRUIT CAKE

Number of Servings — 8

12-oz. box vanilla wafers, crushed (reserve box)
1 sm. jar maraschino cherries, chopped
1 can Eagle Brand milk
1 c. raisins
1 c. pecans, chopped

(1) Combine all ingredients thoroughly. (2) Pack firmly into vanilla wafer box. Secure box with string. (3) Place in refrigerator for 7 days. Slice and serve.

— Arteen W. Campbell, Limestone County Area Vocational Center, Athens

ALABAMA LANE CAKE

8 egg whites, beaten stiff
1 c. + 2 T. shortening
2 c. sugar
3½ c. cake flour
3 t. baking powder
½ t. salt
1 c. milk
1 t. vanilla

(1) Have all ingredients at room temperature. (2) Cream shortening well; add sugar gradually, beating until light and fluffy. (3) Add vanilla, then mix in dry ingredients alternately with milk, beating until smooth after each addition. (4) Fold in beaten egg whites. (5) Pour into three well greased and floured 9" layer pans. (6) Bake at 350 degrees for 25 minutes.

ALABAMA LANE FILLING

8 egg yolks
2 c. sugar
½ c. butter
1 c. pecans, chopped
1 c. raisins, chopped
1 c. coconut, grated
¼ t. salt
½ c. wine, grape juice, etc.
1 c. candied cherries, chopped (optional)

(1) Place pecans, raisins, coconut, and cherries in a blender and grind until desired coarseness. (2) Beat egg yolks slightly. Add sugar and butter. (3) Cook in double boiler until thick, stirring constantly about 5 minutes. Mixture should remain almost transparent. (4) Remove from heat. (5) Add remaining ingredients, adding wine as needed to thin mixture. (6) Let cool before spreading on cake. (Cake is better when it has aged several days. May be stored for several weeks in an air-tight container in the refrigerator.)

— Annette Edgeworth Smith, Ranburne High School

LAYER CAKE

¾ c. shortening
1½ c. sugar
1½ t. vanilla
¾ t. lemon extract
3 eggs
3 c. cake flour, sifted
1½ t. soda
½ t. salt
1½ c. buttermilk

(1) Stir the shortening to soften. (2) Gradually add sugar and cream until light and fluffy. (3) Add flavorings. (4) Add eggs one at a time beating well after each. (5) Sift the dry ingredients together and add to the creamed mixture alternately with buttermilk. (6) Beat after each addition until smooth. (7) Pour into two 9-inch cake pans which have been greased and lined with paper. (8) Bake at 350 degrees for 30 minutes. (9) Put layers together with pineapple filling and frost with creamy icing.

PINEAPPLE FILLING

2 T. cornstarch
⅓ c. sugar
1 sm. can crushed pineapple
1½ t. butter

(1) Mix cornstarch and sugar together in saucepan. (2) Add pineapple and blend. (3) Cook over medium heat, stirring constantly until syrup thickens and becomes clear. (4) Remove from heat. (5) Stir in butter and cool.

CREAMY ICING

1 stick margarine
6 T. Crisco
1 c. granulated sugar
2 t. vanilla
1 T. cornstarch
½ c. milk, warm

(1) In large bowl of mixer, combine all ingredients. (2) Beat at low speed to moisten ingredients. (3) Beat at medium speed until the frosting is fluffy and sugar is dissolved. (Rub a bit of frosting between fingers; if you can feel the sugar grains it is not ready. The frosting will appear

curdled at first but this is normal. Do not make this unless you have a mixer.)

— Lena Mae Thomas, Smiths Station High School

FRESH ORANGE LAYER CAKE

Number of Servings — 16

4 eggs, separated
2 c. sugar
1 fresh orange, med. size, squeezed and grated
½ c. cold water
2¼ c. all-purpose flour
2½ t. baking powder

(1) Beat egg yolks and egg whites separately. (2) Add yolks to sugar and beat well. (3) Add whites, then orange juice, orange rind and water; continue beating. (4) Add flour with baking powder sifted together twice. Mix thoroughly. (5) Bake in 3 greased and floured layer cake pans — 8 or 9 inch round. (6) Bake at 350 degrees for 30 minutes.

FILLING

1 orange, grated rind and juice
1 egg white
1 c. confectioners' sugar

(1) Mix together the juice and rind of orange, egg white and confectioners' sugar. (2) After cake has cooled, spread filling on top of each layer.

— Allison Mixon Bradley, Former Teacher, Midfield High School

DELMONICO NUT CAKE

Number of Servings — 22

½ c. butter or margarine
½ c. vegetable shortening
2 c. granulated sugar
5 egg yolks
1 t. vanilla
2 c. sifted all-purpose flour
1 t. soda
1 c. buttermilk
1 can (about 1 c.) coconut, shredded
1 c. mixed pecans and walnuts, chopped
5 egg whites

(1) In a large bowl of electric mixer cream butter and shortening thoroughly. (2) Gradually add sugar and beat until light and fluffy. (3) Add egg yolks and vanilla. (4) Sift flour with soda three times; then add to batter alternately with buttermilk, beginning and ending with dry mixture. (5) By hand, stir in coconut and nuts. (6) Beat egg whites until stiff but not dry. (7) Stir a heaping tablespoon beaten egg whites into batter and beat by hand vigorously until blended. (8) Carefully fold in remaining egg whites. (9) Turn into greased 9'' x 13'' baking dish lined with waxed paper. Bake at 325 degrees (350 degrees for metal pan) 1 hour or until cake tests done. (Or bake in 3 greased and floured 8-inch layer pans at 350 degrees for 25 minutes or until cake tests done.) (10) Frost cake, as desired. (Suitable for freezing.)

— Brenda K. Pitchford, Houston County High School, Columbia

PINEAPPLE CAKE

2 c. flour
2 c. crushed pineapple
2 c. sugar
2 t. soda
2 eggs
1 c. walnuts

(1) Stir all ingredients together well. (2) Pour into greased 9'' x 12'' pan and bake in 350 degree oven until done (about 40 minutes). (3) When cool, frost with icing.

ICING

8 oz. cream cheese
½ c. butter
1½-2 c. confectioners' sugar
1 T. vanilla

(1) Whip the cream cheese and butter together. (2) Add sugar and vanilla. (3) Spread on cake.

— Magdalene R. Robinson, Greenville High School

PINEAPPLE-COCONUT DELIGHT CAKE

Number of Servings — 20

1 box pineapple supreme cake mix
¾ c. oil
1 c. peach juice
1 box vanilla instant pudding
4 eggs

(1) Mix together all ingredients in large mixer bowl; beat 2 minutes. (2) Bake in three 9'' greased and floured cake pans at 350 degrees for 20-25 minutes. (3) Frost with Pineapple-Coconut Frosting. (Suitable for freezing.)

FROSTING

1½ c. sugar
4 T. flour
1 stick margarine
1 lge. can crushed pineapple
1 c. coconut
1 c. pecans, chopped

(1) Mix together sugar, flour, margarine, and pineapple. (2) Cook until thick. (3) Stir in coconut and nuts. (4) Spread between layers and on top and sides of cake.

—Theresa Summers, Mount Hope High School

PINEAPPLE UPSIDE DOWN CAKE

Number of Servings — 8-10

3 T. margarine
½ c. brown sugar
20-oz. can crushed pineapple, drained
10-12 maraschino cherries
⅓ c. margarine
⅔ c. sugar
1 egg
1½ c. flour
1½ t. baking powder
1/8 t. salt
½ c. milk
½ t. vanilla

(1) In 9-inch skillet melt margarine with brown sugar, cool slightly. (2) Pour drained pineapple in skillet, spread evenly and decorate with

cherries. (3) Cream oleo and sugar until light, add egg, mix well. (4) Sift dry ingredients together and add to first mixture alternately with milk. (5) Add vanilla. (6) Pour batter over pineapple. (7) Bake in moderate 350 degree oven, 40 to 50 minutes. (8) Turn out onto plate while warm.

— Hazel S. Wilkinson, Carroll High School, Ozark

POUND CAKE

8 eggs, separated
2⅔ c. sugar
1 lb. butter
3½ c. all-purpose flour, sifted
½ c. evaporated milk
2 t. vanilla

(1) Beat the egg whites until stiff, adding 6 tablespoons sugar while beating. Refrigerate until needed. (2) Cream butter; gradually add remaining sugar. Beat until light and fluffy. (3) Add egg yolks, one or two at a time, beating well each time. (4) Add flour alternately with evaporated milk and vanilla. Beat well. (5) Fold in egg white mixture. (6) Pour batter into lightly greased tube pan. Bake at 300 degrees 2 hours or until cake tester comes out clean. (Suitable for freezing.)

— Joyce A. Banks, West Side High School, Marion

EASY POUND CAKE

8 eggs
2½ c. sugar
2 c. plain flour
1 c. Wesson oil
1 T. flavoring

(1) Mix all ingredients. (2) Beat well. (3) Pour into greased floured tube pan. (4) Bake in 325 degree oven for 1 hour. (Suitable for freezing.)

— Lue Slagh, Notasulga High School

BROWN SUGAR POUND CAKE

Number of Servings — 20

1 c. butter
½ c. shortening
1 box + 1 c. light brown sugar
5 eggs
½ t. baking powder
3½ c. flour
1 c. milk
1¼ t. vanilla

(1) Cream butter, shortening, and brown sugar. (2) Add eggs and beat. (3) Sift baking powder and flour; add alternately with milk to creamed mixture. (4) Add vanilla and blend. (5) Pour into well greased tube pan lined with wax paper. (6) Bake in a 325 degree oven for 1½ hours. (Suitable for freezing.)

TOPPING FOR BROWN SUGAR POUND CAKE

½ c. butter
1 c. chopped pecans
1 box confectioners' sugar
milk
1 t. vanilla

(1) Combine 1/4 cup of butter and pecans. (2) Cook until brown. (3) Remove from heat and add remaining ingredients. (4) Add enough milk to spread. (5) Spread over cake.

— Nellie T. Peak, Bibb County Area Vocational School, West Blocton

CHOCOLATE POUND CAKE

½ lb. butter
½ c. Crisco
3 c. sugar
5 eggs
3 c. flour
½ c. cocoa
¼ t. salt
½ t. baking powder
1 c. milk
1 T. vanilla

(1) Cream butter, Crisco and sugar well. (2) Add eggs one at a time; beat well after each addition. (3) Add flour which has been sifted with cocoa, salt, and baking powder alternately with milk. (4) Add vanilla. (5) Bake for one hour and 20 minutes at 325 degrees. (Works well in a Bundt or tube pan.) (Suitable for freezing.)

— Margaret P. Farmer, LaFayette High School

GERMAN'S CHOCOLATE POUND CAKE

Number of Servings — 12-15

2 sticks margarine
½ c. shortening, Crisco
3 c. sugar
1 pkg. German chocolate, melted
5 eggs
3 c. flour, sifted
1 t. baking powder
1 c. milk
1 t. vanilla
1 t. lemon flavoring
¼ t. almond flavoring
1 c. pecans

(1) Cream shortening and sugar. (2) Add eggs, one at a time, and beat well after each addition. (3) Add melted chocolate. (4) Add flour and baking powder alternately with milk, mix well. (5) Add flavoring and nuts. (6) Put into a greased and floured tube pan. (7) Bake at 325 degrees for 1 hour and 15 minutes. (Suitable for freezing.)

— Louise Yeargain, Andalusia High School

COCONUT POUND CAKE

3 sticks margarine
3 c. sugar
6 eggs
3 c. plain flour
¼ t. salt
1 t. baking powder
1 c. evaporated milk
1 can (1½ c.) coconut, or 12-oz. pkg. frozen coconut
1 T. coconut flavoring

(1) Cream butter and sugar. (2) Add eggs one at a time. (3) Add sifted dry ingredients, alternately with evaporated milk. (4) Add coconut flavoring. (5) Pour into greased loaf or stem pan. (Will make one large Bundt cake plus one loaf cake pan or one large cake in deep stem pan.) (6) Bake at 400 degrees for 1 hour and 5 minutes.

— Barbara L. Williams, Springville High School

MARBLE POUND CAKE

Number of Servings — 18

1 pkg. Betty Crocker Sour Cream White Cake Mix
½ c. Crisco Oil
1 c. water
1 pkg. butterscotch instant pudding mix
4 eggs
1 sm. can Hershey's chocolate syrup

(1) Combine pudding mix, cake mix, oil, water and eggs in a mixing bowl and mix on medium speed for 2 minutes. (2) Pour 2/3 of the batter into a greased and floured Bundt pan. (3) Add chocolate syrup to the last 1/3 of the batter and mix well. (4) Spoon chocolate batter on top of batter in the pan. (5) Bake at 300 degrees for 1 hour and 30 minutes, or until done. (Suitable for freezing.)

— Marsha Durham, Fort Payne High School

OLD FASHIONED MARBLE POUND CAKE

Number of Servings — Approximately 15

2½ c. cake flour, sifted
1½ t. baking powder
½ t. salt
2½ c. sugar
1¼ c. Crisco (do not substitute)
5 eggs
2 t. vanilla
1 c. less 2 T. milk
¼ c. cocoa, sifted

(1) Preheat oven to 325 degrees. (2) Generously grease and flour tube pan. (3) Measure sifted cake flour and sift together with baking powder and salt. Set aside. (4) In large mixing bowl, cream together sugar and Crisco until fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla. (5) Add flour mixture alternately with milk until all flour and milk are added. (6) Take out 2 cups of batter and mix with cocoa. (7) Layer batters into tube pan, beginning and ending with white batter. (8) Bake in 325 degree oven for 70 minutes. (9) Cool cake for 5-10 minutes before taking out of pan. (Suitable for freezing.)

— Carol Reid, Warrior High School

PINEAPPLE POUND CAKE

2 c. sugar
1¼ c. oil
1 T. + 1 t. hot water
4 eggs
1 sm. can crushed pineapple
2½ t. cinnamon
½ t. cloves
2½ c. self-rising flour
1 c. nuts, chopped
2 T. butter, melted
2 T. water
¼ c. orange juice
dash salt
2 c. confectioners' sugar

(1) Mix together sugar, oil, hot water, add eggs one at a time, pineapple, cinnamon, cloves, flour and nuts. (2) Pour into greased and floured tube pan or Bundt pan. (3) Bake at 325 degrees for 1 hour and 15 min-

utes. (4) Using ice pick, punch 100 holes in cake while hot. (5) Make glaze by adding melted butter, water, orange juice, salt and confectioners' sugar. (6) Pour over cake while hot. (Suitable for freezing.)

— Janette Y. Weaver, Childersburg High School

RED VELVET POUND CAKE

Number of Servings — 20

1 c. margarine, softened
½ c. Crisco
3 c. sugar
7 eggs
2 t. vanilla
1-oz. bottle red food coloring
3 c. cake flour
¼ t. salt
1 c. milk

(1) Cream margarine, Crisco and sugar until fluffy. (2) Add eggs, one at a time, beating well after each. (3) Stir in vanilla and food coloring. (4) Combine flour and salt, add alternately with milk. (5) Beat well and pour into buttered and floured 10'' tube pan. (6) Bake 1½ hours at 325 degrees. (7) Cool before frosting with Cream Cheese Frosting.

CREAM CHEESE FROSTING

½ c. margarine, softened
2 3-oz. pkg. cream cheese, softened
1 t. vanilla
1 lb. confectioners' sugar
2 T. milk

(1) Blend margarine, cream cheese and vanilla. (2) Add sugar slowly, creaming until fluffy. (3) Add milk as needed.

— Laurena C. Ward, Ashford High School

TEA HOUSE POUND CAKE

1 lb. margarine
3 c. sugar
6 lge. eggs
4 c. flour
¾ c. milk
1 t. vanilla flavoring
1 t. lemon flavoring

(1) Cream margarine and sugar. (2) Add eggs, one at a time, beating well after each addition. (3) Add flour and milk alternately beating well. (4) Add flavorings. (5) Pour batter into a greased and floured large tube pan. (6) Bake at 325 degrees for 1 hour and 30 minutes.

— Kay Johnson, District Specialist, Home Economics Education, State Department of Education, Montevallo

WHIPPING CREAM POUND CAKE

Number of Servings — 20

½ lb. butter
3 c. sugar
6 eggs
1 T. vanilla extract
½ t. lemon flavoring
3 c. cake flour
½ pt. whipping cream

(1) Cream butter and sugar well. (2) On fast speed add eggs one at a time, beating one minute between each egg. (3) Add flavoring and extract. (4) On medium speed add one cup of flour with one-third whipping cream alternately until all flour and whipping cream is added. (5) Beat for five minutes. (6) Pour into greased and floured cake pan. (7) Place in cold oven. (8) Turn on stove to 325 degree temperature. (9) Bake for one and one-half hours. (10) When done, let cool in pan on rack for ten minutes before removing. (Suitable for freezing.)

— Florene Hill, A. H. Parker High School, Birmingham

FAVORITE POUND CAKE

Number of Servings — 12-15

1 c. Crisco
3 c. sugar
3 c. cake flour
½ pt. whipping cream
6 eggs
1 T. butternut flavoring
1 t. almond extract
1 t. lemon or vanilla extract

(1) Cream Crisco and sugar. (2) Add 3 eggs, one at a time, beating after each. (3) Alternately add cake flour and whipping cream, beating after each addition. (4) Add 3 more eggs, one at a time, beating after each. (5) Add flavorings. (6) Bake at 325 degrees for 1 hour and 15 minutes in a greased and floured Bundt cake pan or large tube cake pan. (Test for doneness and cook longer, if necessary.) (Suitable for freezing.)

— Shirley W. Cotten, T. R. Miller High School, Brewton

7-UP POUND CAKE

Number of Servings — 25-30

5 eggs
2¼ c. sugar
2 sticks butter
½ c. Crisco
2 T. lemon extract
3 c. Swans Down cake flour
6-oz. or ¾ c. 7-Up

(1) Cream butter and Crisco until fluffy. (2) Add sugar gradually until fluffier. (3) Add eggs one at a time. (4) Add lemon extract. (All of this is done with an electric mixer.) (5) Blend in flour with a wooden spoon. (6) Fold in 7 Up. (7) Put into a well greased tube pan and bake at 350 degrees for 45 minutes or until it leaves the side of pan. (Suitable for freezing.)

— Mary Scott Hines, Clayton High School (Retired)

FRESH STRAWBERRY CAKE

Number of Servings — 12-16

1 stick or ½ c. butter
⅓ c. shortening
1¾ c. sugar
½ c. sliced fresh strawberries
6-oz. pkg. strawberry-flavored gelatin
2⅔ c. all-purpose flour
3½ t. baking powder
½ t. salt
1⅓ c. milk
1 t. vanilla extract
4 egg whites

(1) Cream butter, shortening, and sugar until fluffy. (2) Add strawberries and gelatin; beat well. (3) Combine dry ingredients and add alternately with milk. (4) Add vanilla; beat well. (5) Fold in beaten egg whites. (6) Turn into three lightly greased and floured 8-inch cake pans. (7) Bake at 350 degrees for 30 to 35 minutes. (8) Frost with Strawberry Frosting.

STRAWBERRY FROSTING

1-lb. box powdered sugar **½ stick butter**
½ c. fresh strawberries, chopped

(1) Combine and beat powdered sugar, butter and strawberries thoroughly. (2) Spread between layers and on top of 8-inch layers. (Frosting for three 8-inch layers.)

— Ruth Romeo, Central High School, West, Tuscaloosa

SWEET POTATO CAKE

Number of Servings — 12

1½ c. salad oil
2 c. sugar
4 eggs, separated
4 T. hot water
2½ c. cake flour
3 t. baking powder
¼ t. salt
1 t. ground cinnamon
1 t. ground nutmeg
1½ c. raw sweet potato, grated
1 c. pecans, chopped
1 t. vanilla extract

Coconut filling

(1) Combine oil and sugar in a large mixing bowl; beat until smooth. (2) Add egg yolks; beat well. (3) Stir in hot water. (4) Combine dry ingredients; blend into sugar mixture. (5) Stir in potatoes, pecans, and vanilla, blending thoroughly. (6) Beat egg whites until stiff; fold into batter. (7) Spoon mixture into three greased 9-inch cake pans. Bake at 350 degrees for 25 to 30 minutes. Remove from pans; cool on wire racks. Spread coconut filling between layers and on top of cake. (Suitable for freezing.)

COCONUT FILLING

13-oz. can evaporated milk **3 T. all-purpose flour**
1 c. sugar **1 t. vanilla extract**
½ c. margarine **3½-oz. can or 1⅓ c. flaked coconut**

(1) Combine milk, sugar, margarine, flour, and vanilla in saucepan. (2) Cook, stirring constantly, over medium heat until thickened, about 12 minutes. (3) Remove from heat; stir in coconut. (4) Beat until thickened and cooled. Yield: enough to fill and top one three-layer cake.

— Wanda Padgett, Evergreen High School

GINGERBREAD WITH LEMON SAUCE

Number of Servings — 12

2⅓ c. all-purpose flour, sifted
1¾ t. soda
1 t. ginger
1 t. cinnamon
½ t. salt
1 c. molasses
1 c. buttermilk
1 egg, well-beaten
¼ c. shortening, melted

(1) Mix and sift dry ingredients. (2) Add milk to molasses and combine with well-beaten egg. (3) Combine mixtures, add shortening, and beat thoroughly. (4) Pour into greased 9'' square pan and bake 25 minutes in 375 degree oven.

LEMON SAUCE

1 c. sugar
pinch of salt
2 T. cornstarch
2 c. boiling water
2 T. butter or margarine
juice of 1 lemon

(1) Mix sugar, salt, and cornstarch. (2) Add water gradually, stirring constantly. (3) Boil 5 minutes, stirring occasionally. (4) Remove from heat, add butter and lemon juice. (Makes about 2½ cups sauce.)

— Ellen Barnes Jones, Vestavia Hills High School, Birmingham

CAKE WITH BRANDIED FRUIT

1½ c. Wesson oil
2 c. sugar
3 eggs, well beaten
2 t. vanilla
3 c. unsifted cake flour
1 t. soda
1 t. salt
1 c. nuts, chopped
3 c. brandied fruit, drained

(1) Mix oil, sugar, and well beaten eggs. (2) Add vanilla. (3) Add soda and salt to flour. (4) Blend dry mixture into oil, sugar, egg mixture. (5) Mix nuts and fruit by folding in nuts. (6) Fold this mixture into batter. (7) Bake at 350 degrees 1 hour and 15 minutes in a well greased, floured Bundt pan. (Suitable for freezing.)

— Sara Wright, Greensboro Public School, West

HUMMINGBIRD

3 c. all-purpose flour
2 c. sugar
1 t. salt
1 t. soda
1 t. cinnamon, ground
3 eggs, beaten
1½ c. salad oil
1½ t. vanilla extract
8-oz. can crushed pineapple, undrained
2 c. pecans or walnuts, chopped
2 c. bananas, chopped

(1) Combine dry ingredients in a large mixing bowl. (2) Add eggs and salad oil, stirring until dry ingredients are moistened. (Do not beat.) (3) Stir in vanilla, pineapple, 1 cup nuts, and bananas. (4) Spoon

batter into well-greased and floured 9'' cake pans. (5) Bake at 350 degrees for 25 to 30 minutes or until cake is done. (6) Cool in pan for 10 minutes, then remove from pans and cool completely. (7) Spread frosting between layers and on top and sides of cake. (8) Sprinkle with 1 cup chopped pecans or walnuts. (Suitable for freezing.)

FROSTING

8-oz. pkg. cream cheese, softened
½ c. butter or margarine, softened
16-oz. pkg. confectioners' sugar
1 t. vanilla extract
1½ T. buttermilk

(1) Combine cream cheese and butter, cream until smooth. (2) Add confectioners' sugar, beating until light and fluffy. (3) Stir in vanilla and buttermilk. (4) Frost cake.

— Jane B. Smith, Ed White Middle School, Huntsville

FILLINGS AND FROSTINGS

CARAMEL ICING

1 can Eagle Brand milk
½ c. margarine or butter
1 box confectioners' sugar
1 t. vanilla flavoring

(1) Put can of milk, unopened, in pressure cooker, cover with water and pressure 1 hour. (2) Remove can of milk and let cool thoroughly. (3) Add margarine or butter and mix together. (4) Add confectioners' sugar and vanilla flavoring and mix thoroughly. Makes enough icing to cover two 9-inch layers or 2 dozen medium cup cakes.

— Emogene S. Simmons, Carrollton High School

CHOCOLATE ICING

Number of Servings — Will ice a 3-layer cake

2 c. sugar
4 T. cocoa
¼ c. white Karo
½ c. Pet milk
1 stick margarine
1 t. vanilla

(1) Boil first 4 ingredients 5 minutes. (2) Add margarine and vanilla. (3) Beat until smooth. (4) Spread on cooled cake.

— Jennie Johnson, Lyeffion High School, Evergreen

CHOCOLATE ICING

3 c. sugar
3 T. cocoa
8¼ oz. Pet milk
1½ sticks butter
1½ t. vanilla flavoring

(1) Bring the first three ingredients to a rolling boil. Cook 4½ minutes exactly stirring constantly (will burn very quickly). (2) Remove from heat and add butter and flavoring. (3) Beat with electric mixer until it tastes grainy (about 20 to 30 minutes). May still be warm. Let it cool completely and set up before icing cake.

— Nina M. Mayton, Hillcrest Jr. High School, Tuscaloosa

CHOCOLATE FUDGE ICING

2 c. sugar
1 square chocolate
1 stick margarine
⅔ lge. can evaporated milk

(1) Mix all ingredients and cook for 2 minutes after boiling. (Test in cold water for the soft ball stage.) (2) Remove from heat. (3) Add vanilla. (4) Beat until cool enough to spread. (Can be used as a glaze on Bundt cakes or as fudge.) (Suitable for freezing.)

— Margaret P. Farmer, LaFayette High School

EASY BIRTHDAY FROSTING

Yield: Covers one sheet cake

2 egg whites
1 box confectioners' sugar
½ c. Crisco shortening
½ t. almond extract
pinch salt

(1) Whip egg whites. (2) Add the box of sugar and Crisco. Mix well. (3) Add the extract and salt. (4) A small amount of milk can be added if frosting is too stiff.

— Brenda Long, Smiths Station High School, Smiths

NEVER FAIL CARAMEL FROSTING

Number of Servings — Cover two-layer cake

2 c. brown sugar
1 c. sugar
2 T. white corn syrup
2 T. butter or margarine
⅔ c. cream

(1) Cook all ingredients over low heat until syrup is dissolved. (2) Cover saucepan 2-3 minutes while syrup boils. (3) Uncover and continue cooking to soft ball stage (238 degrees). (4) Cool to lukewarm and beat until of spreading consistency. (5) Spread between layers and on top and side of cake.

— Mildred H. Tapscott, Bob Jones High School, Madison

CREAMY MORSEL FROSTING

1 c. semi-sweet chocolate chips
½ c. margarine or butter
¼ c. confectioners' sugar
1 egg yolk
1 t. vanilla flavoring

(1) Melt semi-sweet chips in a saucepan over low heat. (2) Set aside to cool. (3) Cream margarine or butter thoroughly. (4) Add sugar and beat well. (5) Beat in the cooled chocolate, egg yolk, and vanilla. (Frosting will be ready to spread.)

— *Brenda Sims, Gilmore-Bell Vocational School, Bessemer*

TANGY LEMON FROSTING

Number of Servings — 10-12

3 c. confectioners' sugar, sifted
¼ c. Crisco
1 T. lemon peel, grated
½ t. salt
8 to 10 drops yellow food coloring (optional)
3 T. water
1 T. lemon juice

(1) Combine 1 cup of the sugar, the Crisco, lemon peel, salt, and food coloring. (2) Add water and lemon juice alternately with remaining sugar; mix until smooth and creamy. (3) Add more sugar to thicken or water to thin if needed for good spreading consistency. (Frosts tops and sides of two 8- or 9-inch cake layers.) (Suitable for freezing.)

— *Susie J. Harris, Georgia Washington Jr. High School, Mt. Meigs*

Candies

CHOCOLATE PEANUT-BUTTER BUTTER BALLS

1 lb. butter or margarine
3 lb. peanut butter
2 lb. confectioners' sugar
12-oz. bag chocolate chips
1/5 lb. paraffin

(1) Melt butter or margarine and peanut butter. (2) Mix in confectioners' sugar. Cool. (3) Form into walnut size balls. (4) After balls are thoroughly cooled, melt chocolate chips and wax in a double boiler. (5) Dip balls into chocolate using toothpicks. (6) Place on wax paper. (Use spoon to fill small hole.)

— Kay M. Mullins, Minor High School, Birmingham

PEANUT BUTTER CANDY

FILLING

1½ c. peanut butter
2 sticks butter
1½ c. graham crumbs
1 box confectioners' sugar

(1) Melt peanut butter and butter. (2) Add crumbs and sugar and set aside.

DIP

1 pkg. caramels
½ stick butter
4 T. milk
chopped peanuts

(1) Melt caramels and add butter and milk. (2) Cook over low heat until blended, stirring constantly. (3) Roll the filling into a log or small individual rolls. (4) Dip into caramel mixture until well coated, then roll in chopped peanuts. (5) Refrigerate.

(If one log is made, slice when ready to serve. The filling can be spread on a cookie sheet and topped with 2¼ ounces of melted chocolate bars and cut into squares. The filling can also be rolled into bars and dipped into 12 ounces of sweet chocolate melted with one-quarter block of paraffin.)

— Vivian McCann, District Specialist, Home Economics Education, State Department of Education, Childersburg

ALMOND BARK CANDY

½ lb. Almond Bark (White Chocolate)
2 c. Fruit Loops
1 c. dry roasted peanuts
1 7-oz. Planters Pretzel Twisters

(1) Break almond bark into pyrex baking dish. (2) Place dish in slow oven, 250 degrees, and stir almond bark at intervals until melted. (3) Sprinkle in Fruit Loops and peanuts. (4) Stir until coated with melted almond bark. (5) Drop mixture by teaspoonsful onto pretzel twisters.

— Virginia Medders, District Specialist, State Department of Education, Montgomery
(Courtesy of Mrs. Marie Blackwell, Montgomery)

MEXICAN PECAN CANDY

2 c. sugar
1 c. milk
2 T. white corn syrup
½ t. salt
¼ t. soda
1 c. pecans, chopped
1 t. vanilla
2 T. butter

(1) Mix sugar, milk, syrup, salt and soda in a large saucepan. Bring to a boil over medium heat. (2) Add pecans and cook until mixture reaches 234 degrees or until it forms a firm ball when dropped in cold water. (3) Add vanilla and butter and beat until creamy. (4) Drop by spoonfull on wax paper or pour into a greased pan and cut in squares.

— Julia P. Burroughs, Clay County High School, Ashland

MARTHA WASHINGTON CANDY

Number of Servings — 80-100

1 can Eagle Brand milk
1 stick margarine
2 pkgs. confectioners' sugar
1 can flaked coconut
2 c. pecans, chopped
2 pkgs. semi-sweet chocolate pieces
¼ lb. paraffin

(1) Mix milk, margarine, sugar, coconut and pecans in a bowl until well blended. (2) Shape into balls and place in refrigerator to harden. (3) When balls are cold, melt the chocolate and paraffin in a double boiler. (4) Dip each ball in the mixture and return to refrigerator. (You may find a toothpick works well for dipping.) (Suitable for freezing.)

— Phyllis D. Landers, Phillips High School, Birmingham

KARO CREAM CARAMELS

⅔ c. syrup
1½ c. sugar
2 c. cream
4 T. flour
8 T. butter
4 T. corn starch
1 t. vanilla
nuts, if desired

(1) Put sugar, syrup and half the cream in a saucepan and let boil, stirring constantly. (2) Gradually add the remaining cup of cream. Do

not let boiling cease. (3) Cook until a little dropped in cold water forms a soft ball. (4) Cream butter, flour and cornstarch together and add to the syrup mixture. (5) Boil until it forms a soft ball in cold water. (6) Remove from stove, add vanilla and nuts. (7) Pour in buttered pan and cut when cool. (8) Wrap in waxed paper.

— *Claudette S. Holley, Cleveland High School*

ROCKY ROAD CLUSTERS

Number of Servings — 3 Dozen

2 c. semi-sweet chocolate bits
¾ c. white raisins
16 marshmallows, cut in pieces
1½ c. walnuts, chopped

(1) Melt chocolate over warm water, stirring to keep smooth. (2) Add rest of ingredients and when coated, drop by teaspoons onto waxed paper. (3) Let cool.

— *Beverly Jackson, Cotaco Junior High School, Somerville*

CHERRY DIVINITY

Number of Servings — 4 Dozen

2 egg whites
3-oz. pkg. cherry flavored gelatin
3 c. sugar
¾ c. light corn syrup
¾ c. hot water
1 c. cherries, chopped
1 c. pecans, chopped

(1) Have egg whites at room temperature and beat until stiff. (2) Gradually add gelatin and beat until it is dissolved, set aside. (3) Combine sugar, corn syrup, and water and bring to boiling point stirring until sugar is thoroughly dissolved, continue boiling to the firm ball stage (250-252 degrees). (4) Slowly pour syrup into egg white mixture beating while pouring. (5) Continue beating until mixture becomes dull in color. (6) Stir in cherries and pecans and drop by teaspoon onto greased cookie sheet or waxed paper. Garnish with cherries.

— *Ovelle Benefield, Sylvania High School*

MICROWAVE FUDGE

Number of Servings — 10

1 box confectioners' sugar
1 stick margarine
¼ c. cocoa
1 t. vanilla
½ c. chopped nuts

(1) Soften butter in microwave oven. (2) Add all ingredients in bowl and heat for 2-4 minutes. (3) Add vanilla and stir. (4) Pour in greased pan. (5) Cool in refrigerator about 5 minutes.

— *Catherine Reed, Arab High School*

MICROWAVE FUDGE

1 lb. box confectioners' sugar
½ c. cocoa
¼ c. milk
1 stick margarine
1 t. vanilla
2 to 3 c. sm. marshmallows
nuts, optional

(1) Place sugar, cocoa, milk, and margarine in glass bowl and cook on high for one minute in microwave oven. (2) Remove from oven and stir with a fork. (3) Add vanilla, marshmallows and nuts. (4) Return to oven and cook for an additional minute on high. (5) Remove and beat until smooth. (6) Pour into buttered pan. (7) Cut when slightly cool. (Keeps well when stored in airtight container.)

— Hazel S. Wilkinson, Carroll High School, Ozark

ROCKY ROAD FUDGE

Number of Servings — 12

1 can Eagle Brand milk
2 T. butter
12-oz. pkg. chocolate morsels
10½-oz. pkg. sm. marshmallows
2 c. pecans

(1) In top of double boiler, mix and melt the first 3 ingredients. (2) Take off heat and add the last 2 ingredients. (3) Pour into rectangular pan 9½" x 13" that is lined with wax paper. (4) Chill 2 hours. (5) Then cut in squares.

— Norma G. Moore, Opp High School

MILLIONAIRES

Number of Servings — 40 average sized pieces

1 pkg. Kraft caramels
2 T. evaporated milk
2 c. pecans, chopped
⅓ block Gulf wax
4 plain Hershey bars

(1) Melt caramels and add milk in double boiler. (2) Stir until smooth. (3) Add nuts. (4) Spoon onto buttered cookie sheet. (5) Refrigerate a few hours or overnight or place in freezer about 30 minutes. (6) Melt Hershey bars and wax in double boiler. (7) Use round toothpick to dip caramels into chocolate while still over heat. (8) Put back in buttered pan to set. (9) Store in airtight container.

— Mary E. Roddam, Clio High School
(Courtesy Dorothy Pforte)

LIL'S MOUNDS

2 boxes sifted confectioners' sugar
1 stick margarine or butter
1 can Eagle Brand sweetened condensed milk
2 c. pecans, chopped
10 oz. flaked coconut
1 pkg. German sweet chocolate
1 pkg. chocolate bits (semi-sweet)
¾ block paraffin wax

(1) Cream together by hand confectioners' sugar and margarine. (2) Add condensed milk, chopped pecans, and coconut; mix by hand. (3) Keep hand coated with sugar. Shape into individual pieces (fingers or balls). (4) Put in refrigerator and chill 45 minutes. Insert toothpick. (5) Mix chocolate and paraffin in top of double boiler. (6) Insert toothpick and dip balls into chocolate mixture; place on greased foil paper. (Size of pieces determine number.) (Suitable for freezing.)

— Betty Walker, Dora High School

PRALINES

Number of Servings — 16

1 c. granulated sugar
1 c. brown sugar
2 T. corn syrup
4 T. butter
½ c. evaporated milk
¼ t. cream of tartar
dash of salt
2 c. pecans

(1) Mix sugars, syrup, butter, milk, cream of tartar and salt. (2) Boil to soft ball stage. (3) Remove and beat 2 minutes. (4) Cool 15 minutes. (5) Beat again 10 to 15 times. (6) Add pecans and drop on wax paper. (If it gets too hard, add a small amount of hot water.)

— Mildred Warren, Foley High School (Retired)

TAFFY

Number of Servings — 15

3 c. sugar
½ c. water
¼ c. vinegar
¼ t. soda
1 stick butter

(1) Mix sugar, water and vinegar, stir well. (2) Cook the syrup until it comes to a crackling thread stage; do not stir while cooking. (3) Add soda just before removing from heat. (4) Add butter; when butter is melted, pour into buttered pan. (5) As soon as you can handle the candy with your hands, divide into amount that you can manage and pull back and forth. (6) Pull until brittle — lay on waxed paper and cut into sticks.

— Betty Barnes, Beulah High School, River View

Casseroles

BEEF CASSEROLES

BEEF AND POTATO BAKE

Number of Servings — 6

1 lb. lean ground beef
1 c. evaporated milk
½ c. fine dry bread crumbs
¼ c. (½ envelope) dried onion soup mix
½ t. salt
4 c. potatoes, peeled thin, raw
¼ c. (½ envelope) dried onion soup mix
1 t. dried parsley flakes
½ t. salt
1 c. cheese, grated

(1) Stir dried onion soup well before measuring. (2) Mix well in a bowl the ground beef, milk, bread crumbs, onion soup mix and salt and spread evenly in shallow 2-quart baking dish. (3) Arrange evenly over meat a mixture of potatoes, onion soup mix, parsley flakes and salt. (4) Cover and bake 45 minutes at 350 degrees. (5) Sprinkle grated cheese over potatoes. (6) Bake, uncovered, 15 minutes more, or until potatoes are tender.

— Sandra Gaines, Cleburne County Area Vocational School, Heflin

SWEET AND SOUR MEATBALLS

Number of Servings — 10

1 envelope onion soup mix
½ c. water
2 eggs
2 lb. ground beef
½ of a 16-oz. can sauerkraut, drained
½ of an 8-oz. can whole cranberry sauce
¾ c. chili sauce
¾ c. water
⅓ c. brown sugar, packed
hot cooked rice

(1) Combine dry onion soup mix and 1/2 cup water. (2) Beat in eggs with fork. (3) Add ground beef and mix well. Shape into balls and set aside. (4) In a separate container combine sauerkraut and cranberry sauce, chili sauce, 3/4 cup water and brown sugar. Pour half of this mixture into bottom of 13" x 9" x 2" baking dish. Set aside. (5) In a 10" skillet quickly brown meatballs made from first mixture. Brown about 1/3 of the meatballs at a time. Remove meatballs onto paper towels to drain excess fat. (6) Arrange browned meatballs on top of sauerkraut

mixture in baking dish. Cover with remaining sauerkraut mixture. (7) Cover dish with foil and bake in 325 degree oven for 20 minutes. Uncover and bake 15 to 20 minutes longer. (8) Serve over hot cooked rice. (May be frozen at the end of step 6.)

— Corene H. York Baker High School, Mobile

BOTTOMS UP CASSEROLE

Number of Servings — 6-8

1 pie crust
1 T. shortening
1 lb. ground beef
½ c. celery, chopped
¼ green pepper, chopped
¼ c. onions, chopped
10¾-oz. can tomato soup, undiluted
½ t. garlic salt
½ t. onion salt
1/8 t. salt
dash of pepper
¾ t. Worcestershire sauce
3 slices (1-oz. each) processed cheese, cut in strips

(1) Pre-heat oven to 400 degrees. (2) Remove frozen pie crust from tin and set pie shell on pieces of wax paper to thaw for 10 minutes. (3) Brown beef and cook celery, onions, and green pepper together in shortening, drain. (4) Stir in remaining ingredients except cheese. (5) Spread meat mixture evenly in pie tin. (6) Place thawed pie crust over meat mixture. (7) Place pie tin on baking sheet. (8) Slit pie crust several places, do not seal edge. (9) Bake for 15 minutes, then remove pie from oven. (10) Place large plate over pie, turn upside down. (11) Top meat mixture with cheese strips in a lattice pattern.

— Mary C. James, Greenville High School

GROUND BEEF CASSEROLE

Number of Servings — 6

1 lb. ground beef
1 t. salt
1 t. black pepper
1 c. bell pepper, chopped
1 c. onion, chopped
1 c. celery, chopped
1 can tomatoes, mashed
1 c. instant rice

(1) Brown ground beef, add salt and pepper. (2) Add vegetables in layers, without mixing. Last, sprinkle rice on top (do not stir). Simmer until done (about 30-40 minutes). Mix before serving.

— Phoebe Johnston, Chavala High School, Seale

HUNGRY JACK CASSEROLE

Number of Servings — 6-8

1 lb. ground beef
1 t. salt
16-oz. can Pork-n-Beans
¾ c. Kraft B.Q. Sauce
2 T. brown sugar
1 T. onion, minced
1 can Flakey biscuits
1 c. Cracker Barrel cheddar cheese, shredded

(1) Brown meat and drain. (2) Stir in the next five ingredients and heat until bubbly. (3) Pour into 2-quart casserole dish. (4) Cut biscuits in half, place cut side down around edge of casserole. (5) Sprinkle with cheese. (6) Bake at 375 degrees for 25 to 30 minutes or until brown. (Suitable for freezing.)

— Nadine H. Shipp, Fyffe High School
(Courtesy Lisa K. Hall)

MEXICAN CASSEROLE

Number of Servings — 6-8

2 lb. ground beef
½ med. onion, chopped
2 cans cream of chicken soup
1 can enchilada sauce
1 sm. can green chili peppers, chopped
7½-oz. cheese flavored doritoes
1 lb. mild Cheddar cheese

(1) Brown ground beef and onion and drain. (2) Mix chicken soup, enchilada sauce and chili peppers and bring to boil, then remove from heat. (3) Using a large casserole dish, layer meat, sauce, doritoes, and cheese, alternating layers. (4) Bake at 350 degrees until cheese is melted. (Serve while hot.)

— Linda Baggett, Lexington High School

MEXICAN CASSEROLE

Number of Servings — 4-6

1 lb. ground beef
1 med. onion
1 envelope chili mix
1 can tomato soup
½ c. water
2 eggs, beaten
1 c. milk
6-oz. pkg. corn chips
1 c. Monterey Jack cheese, grated
1 c. sour cream
½ c. Cheddar cheese, grated

(1) In large pan, cook beef and onions, drain. (2) Add chili mix, soup, and water then simmer 5 minutes. (3) Blend beaten eggs and milk into meat mixture. (4) Cook and stir until thick and bubbling. (5) Stir in corn chips and 1 cup Monterey Jack cheese. (6) Pour into 2-quart casserole. Bake uncovered in 350 degree oven for 30 minutes. (7) Top with sour cream and ½ cup Cheddar cheese and bake 5 minutes longer.

— Brenda Long, Smiths Station High School, Smiths

PIZZA FLAVORED CASSEROLE

Number of Servings — 8

1½ lb. ground beef
1 T. butter
1 c. onion, chopped
½ c. green pepper, diced
8-oz. can mushroom, undrained
½ t. salt
¼ t. pepper
½ t. oregano
6-oz. can tomato paste
10½-oz. tomato soup
1 T. Worcestershire sauce
½ c. warm water
½ lb. Cheddar cheese
4-oz. noodles, cooked and drained

(1) Brown meat in butter. (2) Add onion, green pepper, mushrooms, salt, pepper, and oregano. (3) Mix together tomato paste, tomato soup, Worcestershire sauce, and water. (4) In well-buttered three-quart casserole, layer meat, cheese, cooked noodles, and soup mixture ending with a meat layer and sauce. (5) Cover; bake at 350 degrees for 50 minutes.

— Jennifer S. Watson, South Girard High School, Phenix City

FIESTA CREPES EN CASSEROLE

Number of Servings — 10

2 lbs. ground chuck
½ c. onion, finely chopped
½ c. celery, finely chopped
17-oz. can cream-style corn
1 8-oz. cans tomato sauce
1½-oz. pkg. taco seasoning mix
10 Cornmeal Crepes
4 oz. Cheddar cheese, shredded
⅓ c. sliced ripe olives

(1) Brown beef, onion and celery in large frying pan. (2) Pour off drippings. (3) Stir in corn. (4) Combine tomato sauce and taco seasoning mix, stirring to blend. (5) Add 1⅓ cups tomato sauce mixture to meat and corn, mixing well. (6) Spoon two tablespoons meat mixture onto each cornmeal crepe and roll to enclose filling. (7) Spread remaining meat mixture in 13" x 9" baking dish. (8) Place crepes, seam side down, on top of meat. (9) Spoon remaining tomato sauce over crepes. (10) Bake in a moderate oven (375 degrees F.) for 20 minutes. (11) Sprinkle with cheese and top with olives.

CORNMEAL CREPES

1 c. flour
½ c. yellow cornmeal
1½ c. milk
3 eggs
Dash salt
Oil

(1)Combine flour, cornmeal, milk, eggs, and salt; beat with rotary beater until smooth. (2) For each crepe, pour 1/4 cup batter into hot lightly oiled crepe pan or small frying pan; tilt pan to coat bottom evenly. (3) Cook over medium heat until top is dull and underside is delicately browned. (4) Turn; cook 10 to 15 seconds. 10 crepes.

— Sue Smith, State Specialist,
Home Economics Education, Montgomery

HAMBURGER CHOP SUEY

Number of Servings — 6

1 lb. ground beef
1 can cream of chicken soup, undiluted
1 can water chestnuts
2 med. onions, chopped
1 c. celery, chopped
1½ c. water
½ c. raw long grain rice
2-3 T. soy sauce
1 can sliced mushrooms
1 lge. can Chinese noodles

(1) Brown meat and onions. (2) Add other ingredients except noodles. (3) Bake in 2-quart covered casserole for 1½ hours at 250 degrees. (4) Put noodles on top and cook 15 minutes. (Suitable for freezing.)

— Helen Orser, Loachapoka High School

HUSBAND'S DELIGHT

Number of Servings — 8 or 10

1½ lbs. ground beef
1 t. garlic salt
½ t. black pepper
1 t. salt
2 sm. cans tomato sauce
1 pkg. (sm.) noodles
1 carton sour cream
5 sm. green onions or ½ c. onions, chopped
½ to 1 c. Cheddar cheese, grated

(1) Brown meat with seasoning. Drain beef. (2) Add tomato sauce. Cover and simmer for 15 minutes. (3) Cook noodles and drain. (4) Mix sour cream and onions. (5) Butter casserole dish and layer ingredients in the following order: noodles, beef mixture and sour cream mixture. (6) Sprinkle cheese on top and bake in 325 degree oven for 20 minutes. (Suitable for freezing.)

— Bobbie Pope, Holly Pond High School

MAZETTA

Number of Servings — 8

2 lb. ground beef
1 lge. onion, chopped
1 lge. bell pepper, chopped
1 can condensed cream of mushroom soup
1 can condensed cream of tomato soup
1 T. chili powder
1 t. garlic powder
1 8-oz. pkg. egg noodles
½ lb. sharp Cheddar cheese

(1) Brown ground beef. Add chopped onion and chopped pepper. (2) Add undiluted soups. (3) Add chili powder and garlic salt. (4) Simmer for 10 minutes. (5) Cook noodles according to package directions, drain. (6) Mix cooked noodles and meat mixture and put in casserole dish. (7) Top with grated cheese. (8) Bake 10 minutes at 350 degrees. (Suitable for freezing.)

— Anita Real, Hamilton High School

BEEF STROGANOFF

Number of Servings — 6 to 8

1½ lb. ground beef
1 lge. onion
garlic salt, to taste
black pepper, to taste
salt, to taste
1 can cream of mushroom soup
1 can vegetable soup
1 carton sour cream
1 can butterflake dinner rolls or biscuits
¼ lb. cheese

(1) Brown meat and chopped onion. Drain off excess fat. (2) Season to taste by adding garlic salt, black pepper and salt. (3) Add soups (undiluted) and sour cream. (4) Mix well and pour into casserole dish. (5) Pat out biscuits or rolls. (6) Grate cheese over biscuits. (7) Roll up and cut in pinwheels. (8) Place pinwheels on top of casserole mixture. (9) Bake at 325 degrees for 40 minutes, then bake an additional 15 minutes at 300 degrees. (May be served over rice, noodles, or chow mein noodles.)

—Tommie B. Bragwell, Belgreen High School, Russellville

PORK CASSEROLES

BREAKFAST CASSEROLE

Number of Servings — 10

2½ c. seasoned croutons
2 c. Cheddar cheese, grated
1½ lb. sausage
4 eggs
¾ t. dry mustard
2½ c. milk
1 c. mushroom soup
1 sm. can mushrooms

(1) Cook sausage in skillet until brown; drain on paper towel. Mash to remove excess fat. (2) Place croutons in greased 8'' x 8'' x 2'' baking dish; top with grated cheese. Place drained sausage over cheese. (3) Beat eggs; mix with mustard, milk, mushroom soup and mushrooms; pour over sausage. (May be refrigerated over night). (4) Bake in preheated 300 degree oven for 1 hour and 30 minutes. (May be reheated). (Suitable for freezing.)

— Evangeline H. Spillman, Westlawn Middle School, Huntsville

QUICK BREAKFAST CASSEROLE

Number of Servings — 6-8

4 slices bread
1 lb. bulk or link sausage
1 c. sharp Cheddar cheese, grated
6 eggs
2 c. milk
1 t. dry mustard (optional)
1 t. salt and pepper

(1) Tear up bread slices and place pieces in greased baking dish 13'' x 9'' x 2'' (a pretty oven-to-table casserole would be a good choice.) (2) Brown the sausage and drain off fat and spoon sausage over bread. (3) Sprinkle with grated cheese. (4) Beat together the eggs, milk, mustard, salt and pepper and pour over mixture in baking dish. (5) Bake in preheated 350 degree oven for 35 to 40 minutes. The cheese will rise to the top during baking. (This can easily be prepared the night before, covered and refrigerated and cooked the next morning.) (Suitable for freezing.)

— Margaret Bond, Wicksburg High School, Newton

NOODLE-CHEESE-HAM CASSEROLE

1 sm. pkg. noodles, cooked
1 green pepper, chopped and cooked in a little butter and liquid from corn
1 can corn
cooked ham, chopped
yellow cheese, grated
1 can cream of mushroom soup
crumbs, buttered

(1) Mix all ingredients (using your judgment as to proportions) with one can cream of mushroom soup. (2) Put into casserole. (3) Top with buttered crumbs. (4) Heat thoroughly in oven at about 350 degrees.

— Laura Ware Jacobs, Litchfield High School, Gadsden

ETHEL'S HAM AND RICE CASSEROLE

Number of Servings — 6-8

2 cans cream of celery soup
1 c. light cream
1 c. Cheddar cheese, grated
½ c. Parmesan cheese
1½ T. onion, minced
1 T. prepared mustard
1 t. lemon rind, grated
1/8 t. black pepper
4 c. rice, cooked
4 c. ham, cooked, cubed
20-oz. can green beans
1 can French fried onion rings

(1) Combine soup and cream; stir until smooth; heat slowly until hot being careful not to boil. (2) Stir in cheeses. (3) Blend in onion, mustard, lemon rind and pepper and combine with rice and ham. (4) Alternate layers of ham and rice mixture with green beans (drained) in 3 quart casserole dish ending with ham and rice. (5) Sprinkle with onion rings. (6) Bake in 350 degree oven until bubbly, 20-30 minutes. (Suitable for freezing. If freezing, leave off onion rings.)

— Deborah G. Kidd, Benjamin Russell High School, Alexander City

EASY PORK CHOP CASSEROLE

Number of Servings — 6

6 pork chops, salted and peppered
1 can cream of mushroom soup
1 can cream of celery soup
½ can water

(1) Place pork chops in large baking dish. (2) Mix soups and water in small bowl until smooth and pour over pork chops. (3) Bake 1 hour at 350 degrees. (Fryer parts may be substituted for pork chops.)

— Phoebe Johnston, Chavala High School, Seale

SAUSAGE CASSEROLE

Number of Servings — 6

1 lb. hot sausage
1 med. onion, chopped
1 green pepper
3 stalks celery
1 box (2 envelopes) Lipton's chicken noodle soup
½ c. rice
4½ c. water
4-oz. pkg. slivered almonds
½ t. parsley

(1) Brown first four ingredients together and drain. Set aside. (2) Cook chicken noodle soup and rice in water for 7 minutes. (3) Combine all ingredients including almonds and parsley in casserole dish. (4) Bake for 30 minutes at 350 degrees.

— Lorrie Piazza, Carver Sr. High School, Montgomery

EGG AND BACON PUFF PIE

Number of Servings — 6

1 lb. bacon
8-oz. can refrigerator dinner rolls
1 tomato, thinly sliced
4-oz. Mozzarella cheese
3 eggs, separated
8-oz. sour cream
½ c. flour
½ t. salt
dash of pepper

(1) Preheat oven to 350 degrees. (2) Cut bacon into 1-inch pieces and cook until crisp. Drain. (3) Separate rolls; roll dough into 8 triangles and place in ungreased 9-inch pie pan. Press edges together to form the crust. (4) Layer bacon pieces, tomato slices and cheese in crust. (5) Beat egg whites until stiff, then set aside. (6) In large mixing bowl, combine egg yolks, sour cream, flour, salt and pepper. Mix well. (7) Fold in egg whites. (8) Pour over the cheese layer. (9) Bake in 350 degree oven for 35-40 minutes until golden brown.

— Mary Jim Bottcher, Oneonta High School

POULTRY CASSEROLES

CHICKEN SALAD BAKE

Number of Servings — 4-6

2 c. or more cooked chicken, chopped
1½ c. celery, chopped
½ c. toasted almonds
½ t. salt
2 T. onion, grated
½ c. mayonnaise
2 T. pepper
2 T. lemon juice
1 can cream of chicken soup (undiluted)
½ c. cheese, grated
3 c. potato chips, crushed

(1) Combine all ingredients except potato chips and cheese. (2) Pour into 1½ quart casserole dish. (3) Spread chips and cheese on top. (4) Bake at 350 degrees for 25 minutes.

— Deborah W. Richey, Sardis High School, Boaz

BAKED CHICKEN WITH RICE

Number of Servings — 8-10

2 c. regular rice, uncooked
1⅜-oz. pkg. onion soup mix
2 (2 to 3-lb.) broiler-fryer chickens, cut up
Pepper to taste
10¾-oz. can cream of mushroom soup, undiluted
3 c. water
butter or margarine

(1) Spread rice evenly in bottom of a well-greased 13'' x 9'' x 2'' baking pan. (2) Sprinkle with one-fourth of onion soup mix. (3) Place chicken on rice. (4) Add rest of onion soup mix and pepper. (5) Combine soups and water; blend well and pour over chicken and dot with butter. (6) Cover with aluminum foil and bake at 325 degrees for 2 hours.

— Maxine Fowler, Franklin County Area Vocational Center, Russellville

MARINATED BAKED CHICKEN BREASTS

Number of Servings — 12

2 c. sour cream
¼ c. lemon juice
4 t. Worcestershire sauce
2 t. celery salt
2 t. paprika
½ t. garlic salt
1 T. salt
1 t. pepper
12 chicken breasts, boned
1½ c. Ritz cracker crumbs
1½ c. soda cracker crumbs
1 c. margarine

(1) Combine first eight ingredients. (2) Add chicken, coating well. (3) Let stand in refrigerator overnight. (4) Remove chicken from sauce

and roll in crumbs, then arrange in shallow pan. (5) Melt margarine and spoon half of it over chicken. (6) Bake at 300 degrees for one hour. (7) Spoon rest of margarine over chicken. (8) Bake 45 minutes more.

— Martha Kilgore Brown, Decatur High School

ROLLED CHICKEN BREASTS

Number of Servings — 8-10

6 whole fryer breasts, halved and boned
1 sm. jar of dried beef
2 10¾-oz. cans cream of mushroom soup
1 pt. sour cream
paprika
almonds, slivered

(1) Roll one slice of dried beef inside each breast half and secure with a tooth pick. (2) Place in a shallow baking dish. (3) Mix soup and sour cream well and pour over chicken. (4) Sprinkle with paprika and slivered almonds. (5) Bake 4 hours at 275 degrees uncovered. (Serve with rice.) (Suitable for freezing.)

— Margaret E. Borders, Walter Wellborn High School, Anniston (Retired)

CHICKEN CASSEROLE

Number of Servings — 6

2 c. chicken, cooked, cubed
2 c. celery, chopped
½ c. toasted almonds
½ t. salt
1 can cream of chicken soup
½ c. green pepper, chopped
2 t. pimiento, chopped
2 T. lemon juice
2 T. onion, grated
½ c. mayonnaise
½ c. American cheese, grated
3 c. potato chips, crushed

(1) Boil chicken, remove from bone and cut in cubes. (2) Combine chicken, celery, almonds, salt, soup, pepper, pimiento, lemon juice, onion and mayonnaise. (3) Pour into buttered baking dish. (4) Sprinkle grated cheese over ingredients and add potato chips. (5) Bake at 350 degrees 30 minutes.

— Doris V. Griffith, Elmore County High School, Eclectic

CHICKEN CASSEROLE

Number of Servings — 12-15

1 4-oz. box macaroni
1 can cream of chicken soup
1 sm. can mushrooms
1½ c. diced cooked chicken breast
1 c. mayonnaise
¼ c. pimiento
¼ c. onion, chopped
1 lb. cheese, grated
½ c. cracker crumbs
2 T. butter

(1) Cook macaroni until tender, drain. (2) Combine soup, mushrooms, chicken and mayonnaise. (3) Add pimiento, onion and cheese. (4) Mix with macaroni and put in buttered casserole dish. (5) Top with crumbs; dot with butter.. Bake 30 minutes at 375 degrees. (Suitable for freezing.)

— Kay Mardis, Arab High School

CHICKEN CASSEROLE

Number of Servings — 8-10

1 box Escort crackers
1 stick margarine
6-8 chicken breasts, cooked and cut into bite-sized pieces
1 can water chestnuts
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. sour cream
½ c. pimiento

(1) Butter casserole dish. (2) Crumble 1/2 box crackers. (3) Cut 1/2 stick margarine in small pieces and place evenly over crackers. (4) Layer chicken, then chestnuts, then mix soups, sour cream, and pimiento together and pour over other ingredients. (5) Top with other half of the box of crackers and dot with remaining 1/2 stick margarine. (6) Cook in 350-375 degree oven until brown and bubbly.

— Clara Pittman, Florala High School

CHICKEN-ASPARAGUS CASSEROLE

Number of Servings — 8-10

5 T. all-purpose flour
1 t. salt, divided
¼ t. onion salt
¼ c. butter or margarine, melted
2½ c. milk
1⅓ c. instant rice, uncooked
1½ c. chicken or turkey broth
14½-oz. can cut asparagus spears, drained
2 c. chicken or turkey, cubed (may use canned)
½ c. Cheddar cheese, shredded

(1) Stir flour, 1/2 teaspoon salt, and onion salt into butter in a heavy saucepan; cook over low heat until bubbly, stirring constantly. (2) Gradually add milk; cook until smooth and thickened, stirring constantly. (3) Set aside. (4) Place rice in bottom of a 2-quart casserole. (5) Pour broth over rice and sprinkle with 1/2 teaspoon salt. (6) Add layer asparagus and chicken. (7) Cover with sauce. (8) Sprinkle with cheese. (9) Bake at 375 degrees for 20 minutes or until bubbly. (Suitable for freezing.)

— Sara H. Cavanaugh, Wetumpka High School

BUSY DAY CHICKEN CASSEROLE

Number of Servings — 8

1 fryer or 2 cans boned chicken
1 pkg. noodles
1 can cream of chicken soup
1 can cream of mushroom soup
1 soup can water
1 can sliced mushrooms
salt and pepper to taste
1 can chow mein noodles

(1) Cook chicken until tender. Remove from bone, discarding skin, or use canned chicken. (2) Cook noodles following package directions. Drain. (3) Combine noodles, soups, water, mushrooms, salt and pepper. (4) Place in casserole dish. Top with chow mein noodles. Bake uncovered at 350 degrees for 30 minutes or until bubbly. (Good recipe for using up leftover turkey or chicken.) (Suitable for freezing.)

— Melba M. Calloway, Verbena High School

CHEESY CHICKEN CASSEROLE

Number of Servings — 6-8

4-lb. stewing chicken or
6 chicken breasts
2 10-oz. pkg. frozen broccoli
2 c. milk
2 8-oz. pkg. cream cheese
1 t. salt
¾ to 1 t. garlic salt
1½ c. Parmesan cheese, shredded
1 can French fried onions

(1) Simmer chicken in seasoned boiling water until tender. (2) Remove chicken and when cool remove the skin, then slice thinly, cover and refrigerate. (3) Cook broccoli as label directs. (4) Cut broccoli into bite sized pieces and arrange in bottom of a lightly oiled 2-quart casserole dish. (5) In double boiler, blend milk, cream cheese, salt and garlic salt until a smooth paste, then stir in 3/4 cup shredded cheese. (6) Pour 1 cup of the cream cheese sauce over broccoli, then top with the sliced chicken. (7) Cover chicken with remainder of cream sauce. (8) Sprinkle remaining shredded cheese on top. (9) Bake at 350 degrees for 30 minutes. (10) Garnish with French fried onion rings.

— Celia L. Daniel, Highland Home High School

CREAMY CHICKEN CASSEROLE

Number of Servings — 6

6 chicken breasts
1 sm. jar of dried beef
6 sl. of bacon
1 can cream of chicken soup or cream of mushroom soup
1 sm. carton sour cream
salt and pepper to taste

(1) Wrap 2 pieces of dried beef around each chicken breast. (2) Wrap 1 slice of bacon around the dried beef and chicken. (3) Mix soup, sour cream, salt and pepper. (4) Arrange chicken in a deep casserole dish.

(5) Pour soup mixture over chicken. (6) Cover and bake at 250 degrees for 3 hours. (7) Uncover and bake 1 hour more. (For microwave, use same directions except cook only 1 hour.)

— Mary Ann Osborn, Holt High School

CHICKEN-RICE CASSEROLE

Number of Servings — 6

¼ c. butter or margarine
⅓ c. all-purpose flour
1½ t. salt
1/8 t. pepper
1 c. chicken bouillon
1½ c. milk
1½ c. cooked white or wild rice
2 c. chicken, cooked, cut up
3-oz. can sliced mushrooms, drained
⅓ c. green pepper, chopped
2 T. pimiento, chopped
¼ c. almonds, slivered

(1) Heat oven to 350 degrees. (2) Melt butter in saucepan. (3) Blend in flour and seasonings and cook over low heat, stirring constantly, until mixture is smooth and bubbly. (4) Remove from heat and stir in bouillon and milk. (5) Heat to boiling, stirring constantly, boil and stir 1 minute. (6) Stir in remaining ingredients. (7) Pour into ungreased baking dish, 10'' x 6'' x 1½'' or 1½-quart casserole. (8) Bake uncovered 40 to 45 minutes. (If desired, sprinkle with snipped parsley.)

— Carol Ann P. Methvin, Carver High School, Birmingham

HOT CHICKEN SALAD CASSEROLE

Number of Servings — 6

4 c. chicken, cooked, chopped
2 cans condensed cream of chicken soup, undiluted
1 c. celery, diced
2 T. onions, chopped
1 c. water chestnuts, chopped
1 c. mayonnaise
2 c. cornflakes, crushed
2 T. butter

(1) Mix chicken, soup, celery, onion, chestnuts and mayonnaise. (2) Add 1 cup cornflakes. (3) Mix well. (4) Pour into buttered casserole dish. (5) Mix remaining cornflakes with melted butter and spread on top. (6) Bake at 325 degrees for 35 minutes.

— Anita Real, Hamilton High School

POPPY SEED-CHICKEN CASSEROLE

Number of Servings — 6-8

6-8 chicken breasts, cooked and chopped
2 cans cream of chicken soup
8-oz. sour cream
1 sm. can mushrooms
3 T. pimiento, chopped
1 pkg. Ritz crackers, crushed
2 t. poppy seed
1 stick margarine, melted

(1) Place chicken in a large baking dish. (2) Combine soup, sour cream, mushrooms, and pimiento and pour over chicken. (3) Combine cracker crumbs and poppy seed and sprinkle on top of chicken mixture. (4) Pour on melted margarine. (5) Bake at 350 degrees for 20-30 minutes or until cracker crumbs are delicately browned and mixture is bubbling at the edges.

— Resa M. Shepherd, Akron Community School, East

APPLED CHICKEN

Number of Servings — 6

1 broiler-fryer chicken, cut up
2 t. salt
½ c. oil
4 lge. cooking apples, cored and pared
1 t. brown sugar
1 c. cashew nuts, coarsely chopped
⅔ c. apple cider or apple juice, heated

(1) Sprinkle chicken pieces with salt. Lightly brown in oil which has been placed in large skillet over medium heat. (2) Cut apples into thick slices; place in oblong baking dish which has been lightly oiled. (3) Sprinkle with brown sugar and nuts. (4) Place chicken pieces over apples slices. (5) Pour cider or juice over chicken. (6) Bake uncovered at 350 degrees for 45 minutes or until chicken is tender.

— Mildred H. Tapscott, Bob Jones High School, Madison

COMPANY CHICKEN

Number of Servings — 6

6 chicken breasts, boned
1 can cream of chicken soup or mushroom soup
1 sm. carton sour cream

(1) Place chicken breasts in baking dish. (2) Top with soup and sour cream. (3) Cover dish with foil and bake at 250 degrees for two hours. (Good for Sunday dinner — can bake while at church.) (Serve with rice or noodles.) Can be fixed in microwave by adjusting time. (Suitable for freezing.)

— Gail Brunner, McAdory High School, McCalla

CRAB STUFFED CHICKEN

Number of Servings — 8

3 T. butter
¼ c. flour
¾ c. milk
¾ c. chicken broth
⅓ c. dry wine or additional broth
¾ c. onion
1 T. butter
7½-oz. can crab meat, drained
3-oz. can mushrooms
½ c. (10 crackers) cracker crumbs
salt and pepper to taste
8 or 9 chicken breast halves, boned and skinned
1 c. Swiss cheese, shredded
paprika

(1) To make sauce, melt butter, blend in flour, then milk, chicken broth and wine or additional broth. (2) Stir until mixture thickens and bubbles, then set aside. (3) In a skillet, cook onions in 1 tablespoon butter until tender. (4) Stir in crab meat, mushrooms, crumbs, salt and pepper. (5) Add 4 tablespoons of the sauce to this mixture. (6) Pound boned and skinned chicken breast with mallet to make cutlet 1/8'' thick. (7) Top each chicken piece with approximately 3 tablespoons of the crab mixture. (8) Fold sides in, roll up and place seam down in baking dish. (9) Pour remaining sauce over top and cover. (10) Cook 1 hour at 350 degrees. (11) Uncover and top with shredded Swiss cheese and paprika. (12) Bake several minutes until cheese melts.

— Carolyn Zeanah, Opelika High School

KING RANCH CHICKEN

Number of Servings — 6-8

2½ lb. frying chicken
5-6 c. water
6¼-oz. pkg. tortilla chips
¾ c. onion, chopped
½ c. green pepper, chopped
1 t. chili powder
1 c. milk
10½-oz. can cream of chicken soup
10½-oz. can cream of mushroom soup
10-oz. can Rotel tomatoes and green chilies, minced
½ lb. fresh mushrooms, diced (if desired)
½ lb. sharp Cheddar cheese, grated

(1) Cook chicken until tender in water; drain. (2) Remove chicken and skin from bones and cube chicken. (3) Crush tortilla chips and spread in 2-quart casserole. (4) Add chicken. (5) Blend remaining ingredients except cheese and pour over chicken. (6) Top with cheese. (7) Bake in a 350 degree oven 40 minutes. (Suitable for freezing.)

— Alice C. Baxter, Fort Payne High School

PARTY CHICKEN

Number of Servings — 8

4 lge. chicken breasts, halved
1 can (8) crescent dinner rolls
8 slices bacon
4-oz. jar dried beef
1 can mushroom soup
1 carton sour cream

(1) Bone chicken breasts and shape into 8 crescent-type rolls. (2) Wrap each with a slice of bacon in a spiral-type fashion. (3) Cover bottom of 8'' x 12'' x 2'' casserole with the dried beef. (4) Arrange chicken rolls on beef. (5) Mix soup and sour cream and pour over chicken. (6) Cover with foil and refrigerate overnight. Bake at 275 degrees uncovered for 3 hours.

— Julia P. Burroughs, Clay County High School, Ashland

SWISS CHICKEN

Number of Servings — 4-6

6 chicken breasts, boned
1 t. salt
1 egg, beaten
1 c. dry bread crumbs
¼ c. vegetable oil

(1) Pound the chicken and add salt. (2) Dip in egg and then in bread crumbs. (3) Fry in oil until lightly brown. (4) Place in casserole baking dish. (5) Set aside and prepare sauce.

SAUCE

3 T. butter
¼ c. plain flour
1 t. salt
¼ t. white pepper
2½ c. milk
½ c. dry white wine
4 oz. Swiss cheese, grated

(1) Melt butter in top of double boiler. (2) Add flour, salt, pepper; blend. (3) Add milk and thicken slightly. (4) Add wine. (5) Pour sauce over chicken. Cover. (6) Refrigerate at least 2 hours or overnight. (7) Bake at 350 degrees for 50 minutes. (8) Last 5 minutes, add grated Swiss cheese. (May be served with Wild Rice.) (Suitable for freezing.)

— Allison Mixon Bradley, Former Teacher, Midfield High School

CHICKEN "DIVINE"

Number of Servings — 4

1 2-lb. fryer, cut in pieces
salt and pepper
1 can English peas
1 sm. jar pimientos
1 can Golden Mushroom Soup
4-oz. jar mushrooms
3 or 4 potatoes, cut in large chunks
3 or 4 onions, cut in quarters

(1) Salt and pepper chicken. Place chicken in large casserole dish or iron Dutch oven. (2) Drain peas and pimientos and add remaining ingredients to chicken. (3) Cover with casserole lid or aluminum foil. Bake at 325 degrees for 1½-2 hours or until chicken is very tender.

— Lynn Lloyd, Mountain Brook Jr. High School, Birmingham

CHICKEN CASSEROLES CREOLE

Number of Servings — 10-12

4 whole chicken breasts, deboned and cut into bite size pieces
¼ c. olive oil
1 T. butter
½ c. onions, chopped
1 sm. bell pepper, chopped
1 T. flour
½ c. water
28-oz. can tomatoes, cut into pieces
4 T. butter
2 t. salt
¼ t. black pepper
¼ t. cayenne pepper
¼ t. thyme
4 cloves garlic, minced
1 bay leaf

(1) Brown chicken in oil. (2) Remove chicken and pour off oil. (3) Melt butter and sauté onions and pepper. (4) Add flour and brown. (5) Add water and stir until slightly thick. (6) Return chicken, cover and simmer for 45 minutes. (7) In saucepan, simmer tomatoes and butter for 10 minutes. (8) Add salt, pepper and cayenne, simmer for another 10 minutes. (9) Add thyme, garlic, and bay leaf and simmer for 15 minutes longer. (10) Mix sauce with chicken. (Serve over rice.) (Suitable for freezing.)

— Charlene H. Moore, Dadeville High School

CHICKEN SPECIAL

Number of Servings — 6

2 or 3 lb. favorite chicken pieces
salt and pepper to taste
10¾-oz. can cream of chicken soup
1 soup can of milk
¼ c. green pepper, chopped
¼ c. celery, chopped
1 sm. onion, chopped
parsley flakes (optional)
2 T. lemon juice
2 T. Worcestershire sauce
butter or margarine

(1) Preheat over to 325 degrees. (2) Wash chicken pieces. Salt and pepper to taste. (3) Place chicken in 13'' x 9'' x 2'' casserole dish. (4) In a bowl, combine and mix all other ingredients except butter. Pour mixture over chicken pieces in casserole dish. (5) Bake at 325 degrees for one hour or until tender. About ten minutes before done, dot butter over chicken to give golden brown color. (Sauce is served over rice or potatoes.) (For more sauce, add one extra can each of milk and soup. Add more salt.) (Suitable for freezing.)

— Glenda McKay, New Brockton High School

SWEET AND SOUR CHICKEN

Number of Servings — 8

2 broiler-fryer chickens, cut up
8-oz. bottle Russian salad dressing
1⅜-oz. envelope dry onion soup mix
10-oz. jar apricot preserves

(1) In large shallow baking pan place chicken, skin side up, in a single layer. (2) In bowl, mix together salad dressing, soup mix and preserves and pour over chicken. (3) Bake, uncovered, in 350 degree oven, basting occasionally, about 1 hour or until fork can be inserted in chicken with ease. (Pour remaining sauce over chicken when serving.)

— Carolyn Brock Ricketson, Parker High School, Birmingham

JANE JOHNSON'S CHICKEN SUPREME

Number of Servings — 6

1 whole fryer or 6 half breasts
salt and paprika
1 can cream of mushroom soup
1 can cream of chicken soup
1 stick margarine
1 t. Worcestershire sauce
1½ c. rice

(1) Wash, salt, and paprika the chicken — set aside. (2) In a sauce-pan, melt the margarine, add the cream of mushroom and chicken soups, Worcestershire sauce and rice, mix well. (3) Stir for about 2 minutes and pour into a buttered casserole dish. (4) Top with prepared chicken. (5) Cover and bake at 275 degrees for 2½ hours.

— Patricia Maxwell Ovens, Etowah County Area Vocational Center, Attalla

LAZY MAN'S CHICKEN TETRAZZINI

Number of Servings — 6

¼ c. celery, diced
¼ c. onion, minced
2 T. fat or oil
½ t. salt
dash cayenne pepper
½ c. sliced mushrooms
½ c. chicken broth
1 egg yolk, slightly beaten
3 c. cooked or canned chicken, cut into strips
15¼-oz. can of macaroni and cheese
½ c. sliced pitted ripe olives
2 T. Parmesan cheese, grated

(1) Place fat or oil in frying pan and heat. Add diced celery, onion, salt, cayenne, and mushrooms. Cook until tender. (2) Add chicken and mix well. (3) Add chicken broth to beaten egg yolk and mix well. (4) Combine with canned macaroni and cheese. (5) Place in shallow baking dish. Pour chicken mixture over it. Sprinkle with sliced olives and Parmesan cheese. (6) Place under broiler 8 to 10 minutes or until brown.

— Hassie H. Rodgers, Goshen High School

SEAFOOD CASSEROLES

JANICE'S CRAB CASSEROLE

Number of Servings — 6

2 c. rice, cooked
1 c. mayonnaise
½ c. milk
½ lb. crabmeat
2 c. shrimp, boiled
1 c. tomato juice
¼ c. slivered almonds
¼ c. green pepper, chopped
½ c. onion, chopped
1 stick butter, melted
1 c. cracker crumbs

(1) Combine rice, mayonnaise, milk, crabmeat, shrimp, tomato juice, almonds, green pepper, and onions. (2) Place in 9'' x 12'' dish. (3) Combine cracker crumbs with melted butter and cover casserole. (4) Bake uncovered for one hour at 350 degrees. (Suitable for freezing.)

— Mae Willa Mason, Tallasee High School

FISH AND SHRIMP CASSEROLE

Number of Servings — 4-6

1½ lb. white fish fillets (haddock, etc.)
1 can Campbell's cream of shrimp soup
4-oz. cheese, cubed
butter
paprika

(1) Grease flat pyrex pan. (2) Lay fillets in pan skin down. (3) Dot with butter. (4) Cover with condensed soup. (5) Dot with cheese cubes. (6) Sprinkle with paprika. (7) Bake 400 degrees for 35-45 minutes.

— Barbara Canada, Childersburg High School

SHRIMP CASSEROLE

Number of Servings — 4-6

2 c. rice, cooked
1 can cream of mushroom soup
1 lb. boiled shrimp
½ c. Cheddar cheese (sm. cubes)
2 T. butter, melted
2 T. bell pepper, chopped
2 T. onion, chopped
1 T. lemon juice
½ t. Worcestershire sauce
½ t. dry mustard
¼ t. black pepper
¼ c. pimiento

(1) Combine all ingredients in buttered 1½-quart casserole dish. (Be sure all ingredients are well blended.) (2) Bake uncovered at 375 degrees for about 40 minutes.

— Emily C. Smith, Union Street Area Vocational Center, Montgomery

TUNA CASSEROLE

Number of Servings — 8-10

3 c. tuna, flaked
1 c. celery, chopped
½ c. onion, chopped
½ c. slivered almonds
½ c. rice, cooked
1 c. cream of chicken soup
½ t. salt
¼ t. pepper
1 t. lemon juice
¾ c. mayonnaise
2 hard boiled eggs, chopped
2 c. potato chips, crushed

(1) Combine first 9 ingredients. (2) Add mayonnaise and gently stir in chopped eggs. (3) Put mixture into greased casserole. (4) Cover top

with crushed potato chips. (5) Bake about 30 minutes at 375 degrees. (Tuna may be substituted with diced chicken.) (Suitable for freezing.)

— Dorothy C. Barnes, Paramount High School, Boligee

SHRIMP ROCKEFELLER

Number of Servings — 6

½ c. butter
1 T. Worcestershire sauce
2 t. anchovy paste
1½ t. salt
1/8 t. tabasco
1 clove garlic, minced
6 green onions, chopped
½ head lettuce, chopped
2 T. parsley flakes
2 pkg. frozen chopped spinach
1½ stalks celery, chopped
½ c. bread crumbs
2 lb. sm. shrimp, cleaned and cooked

(1) Heat together butter, Worcestershire, anchovy paste, salt and tabasco. (2) Add garlic, green onions, lettuce, parsley, spinach, and celery. Simmer 10 minutes. Add bread crumbs. Spread in a casserole dish. Cover with shrimp.

SAUCE

3 T. butter
3 T. flour
1½ c. milk
¼ t. Worcestershire sauce
6-8 T. Parmesan cheese
¾ t. salt
¾ t. pepper
½ c. bread crumbs, buttered

(1) Melt butter and stir in flour. (2) Slowly add milk stirring constantly. (3) Add Parmesan cheese, Worcestershire, salt and pepper. (4) Pour over shrimp. (5) Top with bread crumbs. (6) Bake 20 minutes at 350 degrees.

— Beth Fouts, Opelika High School

VEGETABLE CASSEROLES

ASPARAGUS CASSEROLE

Number of Servings — 6-8

1 stick butter or margarine
2 T. flour
salt and pepper, to taste
½ c. cracker crumbs
1 can asparagus, chopped
4 hard-cooked eggs, sliced

(1) Melt margarine in a saucepan. (2) Blend in flour with a wire whisk. (3) Add liquid drained from can of asparagus, continue stirring. (4) Season with salt and pepper to taste. (5) Cook until thickened, but pourable. (6) Sprinkle a buttered casserole dish with cracker crumbs.

(7) Layer in this order: 1/2 of cream sauce, asparagus, sliced eggs, 1/2 of cream sauce. (8) Top with more cracker crumbs, dot with butter. (9) Bake at 350 degrees until mixture bubbles. (Suitable for freezing.)

— Deborah B. Gillon, Albert P. Brewer High School & AVC, Somerville

ASPARAGUS CASSEROLE

Number of Servings — 8

2 stacks Ritz crackers, crushed
2 sticks margarine, melted
1 can cream of mushroom soup
1 lge. can evaporated milk
2 #2 cans asparagus, drained and chopped
3 boiled eggs, diced
1 can water chestnuts, drained and sliced

(1) In the bottom of a 2½-quart casserole dish, spread 1 stack of crushed crackers. (2) Pour ½ of melted margarine over cracker crumbs. (3) Heat soup and milk together. (4) On top of cracker crumbs layer: asparagus, eggs, chestnuts, and milk mixture. Repeat step 4 to make another layer. (5) Top with one pack of crushed crackers. (6) Pour remaining half of margarine over top. (7) Cook 25 minutes or until brown at 350 degrees.

— Rosemary Hipps, Wilson High School, Florence

BROCCOLI CASSEROLE

Number of Servings — 8-10

½ c. margarine
1 med. onion, chopped
2 pkg. frozen broccoli, chopped
Garlic powder, dash or two
1 can mushroom soup
1 t. Worcestershire sauce
1 t. salt
8 oz. process cheese (cut in cubes)
Buttered bread crumbs

(1) Saute' onion in melted margarine. (2) Add frozen broccoli and garlic powder. Cover and cook slowly until broccoli is done (6-8 minutes). (3) Add mushroom soup, Worcestershire sauce, salt and cheese. Stir until cheese is melted and all ingredients blended well. (4) Pour mixture into greased casserole. Top with buttered bread crumbs. (5) Bake in 350 degree oven until hot and bubbly and crumbs are lightly browned (15-20 minutes). (Suitable for freezing.)

— Eleanor A. Harris, Auburn High School

BROCCOLI CASSEROLE

Number of Servings — 8

2 pkg. broccoli, chopped
1 can cream of mushroom soup, undiluted
2 eggs, beaten
1 c. mayonnaise
4-6 T. onion
1 c. cheese
salt and pepper to taste
cheese, grated
cracker crumbs

(1) Cook broccoli and drain. (2) Mash broccoli, then add soup, eggs, and mayonnaise; mix well. (3) Add onion, 1 cup cheese, salt and pepper. (4) Pour into greased casserole and top with grated cheese and cracker crumbs. (5) Cook at 400 degrees for 25-30 minutes, or until brown. (Suitable for freezing.)

— Betty S. McWhorter, Cedar Bluff High School

BROCCOLI CRUNCH CASSEROLE

Number of Servings — 6-8

2 10-oz. pkgs. broccoli, cooked and drained
1 can cream of chicken soup
2 T. mayonnaise
1 sm. can water chestnuts, sliced
1 box Stove Top Stuffing Mix
¼ c. water

(1) Combine first four ingredients together in a 2-quart casserole dish. (2) Mix stuffing mix (crumbs and herb mixture) with 1/4 cup water until slightly moist but crumbly. (3) Sprinkle topping over casserole. (4) Cook at 350 degrees for 1/2 hour or until casserole browns or bubbles. (Suitable for freezing.)

— Beth Flippo, Speake High School, Danville

BROCCOLI AND RICE CASSEROLE

Number of Servings — 6

1 med. onion, chopped
2 celery stalks, chopped
1 stick margarine or butter
2 boxes broccoli, frozen, chopped
2 c. rice, cooked
1 can cream of chicken soup
1 sm. jar Cheese Whiz
4 slices bacon, fried crisp

(1) Saute' onion and celery in margarine until transparent. (2) Cook broccoli according to directions on package. (3) Mix together all ingredients except bacon. (4) Pour into one and one-half quart casserole. (5) Crumble bacon on top. (6) Bake at 350 degrees for 20 minutes. (Suitable for freezing.)

— Ruth H. Gregory, Capitol Heights Junior High School, Montgomery

BRUSSELS SPROUTS AU GRATIN

Number of Servings — 4

10-oz. pkg. frozen brussels sprouts
1 sm. onion, thinly sliced
½ med. green pepper, cut into strips
4-oz. can mushroom stems and pieces, drained
½ t. salt
4 sl. process American cheese

(1) Cook frozen brussels sprouts as package directs. (2) Combine with other vegetables and salt in 1½-quart casserole dish. (3) Cover

and cook in 350 degree oven for 15 minutes. (4) Lay cheese slices over vegetables, recover, and continue cooking for about 3 minutes or until cheese melts. (Stir in cheese and serve while hot.)

— Sharon Whiteard, Hackneyville High School, Alexander City

GREEN BEAN CASSEROLE

Number of Servings — 6

2 pkg. frozen cut green beans
or
2 1-lb. cans, drained
1 t. salt
¾ c. milk
10½-oz. condensed cream of mushroom soup
1/8 t. Durkee ground black pepper
2 T. pimiento, diced
3-oz. can Durkee O & C French Fried onions

(1) Cook frozen beans in salted water. Drain (if using canned beans, omit salt). (2) Combine milk, soup, pepper; pour over beans. (3) Add 1/2 can onions. (4) Pour into 1½-quart casserole and bake at 350 degrees for 20 minutes. (5) Garnish with 1/2 can onions and pimiento; bake 5 minutes.

— Earline J. Underwood, Carver Junior High School, Eutaw

CELERY CASSEROLE

Number of Servings — 6-8

4 c. celery
¼ c. butter or margarine
¼ c. flour
1 t. salt
1/8 t. pepper
2 c. milk
1 c. Cheddar cheese, grated
water chestnuts, optional
½ c. slivered almonds, blanched
½ c. bread crumbs, buttered

(1) Clean and cut celery in small pieces, cook in salted water until tender but still crunchy. Drain. (2) Melt butter, blend in flour and seasonings. Gradually stir in milk and continue stirring until mixture thickens. (3) Add cheese; blend. (4) Place celery in buttered casserole. Pour sauce over and stir gently to cover each piece of celery. Water chestnuts may be added if desired. (5) Top with buttered crumbs and almonds. Bake at 350 degrees for 20 minutes.

— Grace Mount, Opelika High School

ENGLISH PEA CASSEROLE

Number of Servings — 4

16-oz. can English peas
8-oz. jar Cheez Whiz
3 eggs, boiled
French fried onions

(1) Cook English peas until tender; drain. (2) Add Cheez Whiz; cook

over low heat until melted. (3) Add chopped boiled eggs; stir. (4) Pour into greased casserole dish. (5) Top with French fried onions. (6) Bake in preheated 350 degree oven for 10 minutes.

— Sandra Brewer Taylor, Vernon Consolidated High School

GREEN PEA CASSEROLE

Number of Servings — 10-12

½ c. butter
1 c. onions, chopped
1 c. celery, chopped
1 c. green pepper, chopped
4 c. party peas, drained
1 med. jar pimiento
1 can water chestnuts, sliced (save juice)
1 can mushroom soup
Salt and pepper to taste
Bread crumbs

(1) Saute' onions, celery and pepper in a skillet with 1 stick of butter. (2) Remove and mix with other ingredients (peas, pimiento and water chestnuts). (3) Add soup which has been diluted with juice from water chestnuts. Mix well. (4) Add salt and pepper to taste. (5) Pour into greased casserole. (6) Cover with bread crumbs. (7) Bake at 350 degrees about 30 minutes. (Suitable for freezing.)

— Evangeline H. Spillman, Westlawn Middle School, Huntsville

POTATO CASSEROLE

Number of Servings — 12

2 lb. frozen hash browns
1 can cream of chicken soup
8-oz. sour cream
¼ t. pepper
1 t. salt
2 c. Cheddar cheese, grated
½ c. onion, chopped
½ c. margarine, melted
2 c. corn flakes, crushed
¼ c. margarine

(1) Mix first eight ingredients and place in greased casserole. (2) Mix crushed corn flakes and margarine and place on top of potato mixture. (3) Bake for 45 minutes at 350 degrees. (Suitable for freezing.)

— Virginia Fallin, Lanett High School

IRISH POTATO CASSEROLE

Number of Servings — 10-12

8 med. potatoes
8-oz. sour cream
1½ c. mayonnaise
1 med. onion, chopped fine
2 T. parsley flakes
1 t. salt
1 t. horse-radish
1 t. celery seed

(1) Cook potatoes in their jackets. (2) Peel and slice 1/4 inch thick. (3) Mix together sour cream, mayonnaise, onion, parsley flakes, salt, horse-radish and celery seeds. (4) In 2½-quart casserole dish alternate

layers of potatoes and sauce, beginning with potatoes and ending with sauce. (May be served cold or hot.) To serve hot, place in 300 degree oven for 30 minutes.

— Meredith C. Smallwood, Hanceville High School

SWEET POTATO CASSEROLE

Number of Servings — 8-10

3 c. mashed sweet potatoes
1 c. sugar
2 eggs
1 t. vanilla
½ c. butter
⅓ c. milk
1 c. light brown sugar
1 c. nuts, chopped
⅓ c. flour
⅓ c. butter

(1) Mash sweet potatoes in the electric mixer. (2) Add the sugar, eggs, vanilla, butter and milk to the potato mix. (3) Put in greased casserole dish. (4) Combine brown sugar, chopped nuts, flour and 1/3 c. butter. (5) Crumble mixture on top of potatoes. (6) Bake 25 to 35 minutes at 350 degrees. (Suitable for freezing, before baking.)

— Patsy Boyett Ashmore, Pickens County High School, Reform

SQUASH CASSEROLE

Number of Servings — 6 to 8

1 lb. squash
1 t. sugar
½ c. mayonnaise
½ c. pecans, chopped; or water chestnuts, sliced
½ c. cheese, grated
½ c. onions, chopped
¼ c. bell pepper, finely chopped
1 egg, slightly beaten
½ stick margarine
salt and pepper to taste
cheese cracker crumbs

(1) Cook squash, drain and mash. (2) Add all ingredients except margarine and cracker crumbs. (3) Place the combined ingredients in a buttered 2-quart casserole. (4) Top with crumbs and dot with margarine. (5) Bake at 350 degrees 35 to 40 minutes. (Suitable for freezing.)

— Glendis Hutchins, Boaz High School

SUMMER SQUASH CASSEROLE

Number of Servings — 6-8

2 lb. yellow squash
1 c. carrots, grated
1½ t. salt
½ c. onion, chopped
1 can cream of chicken soup
¼ c. water chestnuts
1 c. sour cream
1 pkg. Pepperidge Farms cornbread stuffing mix
½ c. margarine or butter

(1) Cook squash and onions in small amount of water 15 minutes. Drain, mash and season with salt. (2) Mix squash, carrots, soup, water

chestnuts, and sour cream. (3) Melt margarine and toss with stuffing mix. (4) Reserve 2/3 cup stuffing-butter mixture. (5) Spoon a layer of stuffing into a greased 3-quart casserole dish. (6) Pour a layer of squash mixture over stuffing. (7) Repeat layers. (8) Top with reserved stuffing. (9) Bake for 30-35 minutes at 350 degrees. (Suitable for freezing.)

— Connie Barksdale, East Limestone High School, Athens

ZUCCHINI SQUASH CASSEROLE

Number of Servings — 6-8

4 med. zucchini squash, sliced ½ inch thick
1 c. boiling salted water
6 T. butter or margarine
¾ c. carrots, shredded
½ c. onion, chopped
2¼ c. herb stuffing cubes or Herbed Seasoned Croutons
10¾-oz. can condensed cream of chicken soup, undiluted
½ c. sour cream

(1) Cook zucchini squash slices in about 1 cup boiling salted water until just tender. Drain off all liquid. (2) In saucepan, melt 4 tablespoons butter or margarine. (3) Add carrots and onions and saute' until tender. (4) Remove from heat and stir in 1½ cups of the herb stuffing, soup and sour cream. (5) Gently stir in the cooked squash. (6) Spoon mixture into 1½-quart casserole. (7) Melt remaining 2 tablespoons butter or margarine; add remaining stuffing cubes and toss gently. Sprinkle on top of casserole mixture. (8) Bake in 350 degree oven for 30-40 minutes. (Suitable for freezing.)

— Alice C. Baxter, Fort Payne High School

VEGETABLE CASSEROLE

Number of Servings — 10

1 lge. pkg. frozen mixed vegetables
1 roll garlic cheese
1 can condensed cream of mushroom soup
1 can water chestnuts, sliced
2 cans asparagus spears, drained
1 pkg. sliced almonds
bread crumbs

(1) Cook vegetables according to directions on package. (2) Mix hot vegetables, that have been drained, with garlic cheese. Stir until cheese melts. (3) Stir in mushroom soup and water chestnuts. (4) Pour into 13'' x 9'' x 2'' casserole dish. (5) Lay asparagus on top. Sprinkle with almonds. Top with bread crumbs. Bake at 350 degrees for 20 minutes or until casserole bubbles.

— Linda Dennis, Louis Pizitz School, Vestavia

MIXED VEGETABLE CASSEROLE

Number of Servings — 6

2 pkg. frozen mixed vegetables
1 c. cheese, grated
½ c. mayonnaise
1 sm. onion, chopped
½ c. celery, chopped
¼ lb. crackers, crushed
¼ lb. butter, melted

(1) Cook mixed vegetables as directed on package and drain. (2) Mix in other ingredients. (3) Top with 1/4 pound of crushed crackers mixed with 1/4 pound of melted butter. (4) Bake at 350 degrees for 20-30 minutes.

— Nancy McAlister, Guntersville High School

BAKED BEANS

Number of Servings — 8

2 (16-18-oz.) cans pork and beans
¾ c. brown sugar
1 t. dry mustard
3-6 slices bacon, cut into pieces
½ c. catsup

(1) Empty one can of beans in a greased casserole bowl. (2) Combine sugar and mustard. (3) Sprinkle half of mixture over beans. (4) Top with remaining beans and add rest of sugar and mustard mixture. (5) Add catsup and chopped bacon. (6) Bake at 325 degrees for 2 to 2½ hours.

— Edna S. Hamer, New Hope High School

SWISS GREEN BEANS

Number of Servings — 6-8

2 pkg. frozen French-style green beans
¼ c. melted margarine
2 T. flour
1 t. salt
¼ t. pepper
¼ t. instant minced onion
1 T. sugar
1 c. sour cream
1½ c. Swiss cheese, shredded
¼ c. Ritz cracker crumbs

(1) Cook beans and drain. (2) Combine remaining ingredients except cheese and cracker crumbs. (3) Mix well, stir in beans. (4) Pour mixture into 2-quart greased casserole. (5) Top with cheese and crackers. (6) Bake at 350 degrees for 30 minutes.

— Mary H. Wyatt, Dabbs Area Vocational Center, Birmingham

BAKED CREAMED SPINACH

Number of Servings — 6-8

2 10-oz. pkgs. frozen spinach, chopped
1 to 1½ c. boiling, salted water
4 T. butter
4 T. flour
2 c. milk
salt and pepper to taste
¼ t. nutmeg
2 hard cooked eggs, chopped
1 c. buttered bread crumbs

(1) Cook spinach according to package directions or until tender. (2) Drain cooked spinach well in a colander. (3) Make a cream sauce of butter, flour and milk. (4) Combine spinach, eggs, sauce and seasoning. (5) Place in greased baking dish. (6) Top with buttered crumbs. (7) Bake about 20 minutes at 350 degrees F.

— Sue Smith, State Specialist, Home Economics Education, Montgomery

CHEESE-SQUASH BAKE

Number of Servings — 8-10

2 lbs. squash (yellow or zucchini)
1 c. sour cream
2 egg yolks, beaten
2 T. flour
1 can cream of chicken soup
2 egg whites, stiffly beaten
1½ c. hoop or Cheddar cheese
4 sl. bacon, cooked until crisp and crumbled
⅓ c. dry bread crumbs
1 T. butter

(1) Scrub squash, cut ends off; slice to make 6 cups. (2) Cook covered in small amount of boiling water that has been salted; cook 15-20 minutes, drain well and sprinkle with salt. (3) Mix egg yolks, flour, and cream of chicken soup. (4) Fold beaten egg whites into yolk mixture. (5) In a 12'' x 7½'' x 2'' baking dish, layer half the squash, half the egg mixture, half the cheese and sprinkle with bacon. (6) Repeat layer of squash, egg, and cheese. (7) Combine crumbs and butter; sprinkle on top. Bake uncovered at 350 degrees 20-25 minutes.

— Myrtle L. Tinsley, C. W. Hayes High School, Birmingham

SQUASH DRESSING

Number of Servings — 6

1½-2 c. squash, cooked
2 c. cornbread crumbs
2 pieces loaf bread
3 eggs
½ c. onion, chopped
½ t. sage
2 T. margarine
1½ c. milk
salt
pepper

(1) Cook squash in small amount of water. (2) Mash squash leaving water in. (3) Mix all ingredients together with squash. (4) Bake in greased pan or dish in 350 degree oven for one hour or until done. (May use fresh, canned or frozen squash.) (Suitable for freezing.)

— Glenda Sue Smith, Marshall Technical School, Guntersville

CHEESY SCALLOPED POTATOES

Number of Servings — 8 cups

2 cans Campbell's Cream of Celery soup
½ c. milk
¼ t. pepper
8 c. potatoes, thinly sliced
1 c. onions, thinly sliced
2 c. mild Cheddar Cheese, shredded
2 T. butter or margarine
paprika

(1) Combine soup, milk, and pepper. (2) Arrange alternate layers of potatoes, onions, cheese, and soup mixture in buttered 2½-qt. shallow baking dish (13'' x 9'' x 2''). Dot top with butter; sprinkle with paprika. (3) Cover; bake at 375 degrees for 1 hour. (4) Uncover; bake 15 minutes more or until done.

— Annie Sue Burleson, Marion County High School, Guin

GOURMET POTATOES

Number of Servings — 8-10

6 lge. potatoes, diced
1 t. salt
dash of garlic salt
1 t. onion, grated
2 T. butter
8-oz. pkg. cream cheese
1 carton sour cream
1 c. cheese, grated

(1) Cook potatoes in salted water until tender, drain. (2) Combine potatoes with seasonings, butter, cream cheese, and sour cream. (3) Whip until mixture is smooth and fluffy. (4) Place in buttered 2-quart casserole. (5) Top with grated cheese. (May be refrigerated overnight if desired.) (6) Bake at 350 degrees for 30 minutes or until brown. (Suitable for freezing.)

— Estelle J. Garrison, Fayette County High School

CHERRY POTATO SOUFFLE'

Number of Servings — 6-8

2 c. sweet potatoes, mashed
1 c. sugar
1 egg
½ t. salt
1 T. vanilla
1 c. milk
½ stick margarine, melted
½ can coconut (about ¾ c.)

(1) Combine all ingredients in order given. (2) Bake in greased 2-quart casserole for about 45 minutes at 325 degrees. (3) While hot, pour on cherry topping. (Serve hot or cold as dessert or as accompaniment for pork. Very attractive dish for company meals.) (Suitable for freezing.)

CHERRY TOPPING

1 sm. can crushed pineapple, save juice
Red food color
1 8-oz. or 10-oz. jar Maraschino cherries, save juice
1 c. sugar
2 T. cornstarch

(1) Mix sugar, cornstarch, pineapple, cherries and the juices. Add a drop of red food color. (2) Bring to a boil in thick saucepan and boil gently until thickened and almost "candied." (3) Pour hot topping over cooked potato mixture.

— Yvonne T. Napp, Choctaw County High School, Butler

MISCELLANEOUS CASSEROLES

CRISPY MACARONI AND CHEESE

Number of Servings — 6

1 can Campbell's cream of celery soup
½ c. milk
½ t. prepared mustard
generous dash of pepper
3 c. macaroni, cooked
2 c. Cheddar cheese, shredded
1 c. onions, French-fried

(1) In 1½-quart casserole, blend soup, milk, mustard and pepper until smooth. (2) Stir in cooked macaroni and 1½ cups cheese. (3) Bake at 350 degrees for 20 minutes. (4) Top with French fried onions, and remaining cheese. (5) Bake 10 minutes more.

— Charlotte B. Tabereaux, Deshler High School, Tuscumbia

OVERNIGHT BAKED CHEESE OMELET

Number of Servings — 6

8 sl. day old bread
2 c. sharp Cheddar cheese, shredded
4 t. butter
4 eggs
2 c. milk
¼ t. salt
¼ t. dry mustard
½ t. Worcestershire sauce
black pepper to taste
6 sl. tomatoes (optional)

(1) Cut crusts off bread. (2) Place 4 slices of bread in bottom of greased 8" square casserole dish. (3) Sprinkle half the cheese on bread. (4) Layer the remaining 4 slices of bread over the cheese and butter the tops. (5) Sprinkle the remaining cheese on top. (6) Beat together the other ingredients on high at least 5 minutes until very fluffy. (7) Pour mixture over bread and cheese and let stand covered overnight (or at least 8 hours) in refrigerator. (8) Bake at 350 degrees for 50 minutes uncovered. (Take out of the oven after 40 minutes. Add 6 slices of tomatoes and return to oven for 10 more minutes.)

— Susan Boyd, West End High School, Walnut Grove

CHEESE PUDDING

Number of Servings — 8-10

10 sl. white bread
¾ lb. sharp cheese, grated
2 c. milk
1 t. salt
3 eggs
butter — dotted on top
paprika
1 T. Parmesan cheese

(1) Remove crust from bread and cut into cubes. (2) Butter casserole dish and sprinkle with Parmesan cheese. (3) Alternate bread with cheese. (4) Beat milk, eggs, salt together and pour over bread and cheese. (5) Let stand over night. (6) Bake at 275 degrees for 45 minutes to one hour. (Do not cook faster or longer.)

— Ann S. Keith, Carbon Hill High School

HOT FRUIT CASSEROLE

Number of Servings — 8-10

1 #303 can pears
1 #303 can peaches
1 can apricot halves
1 can pineapple chunks
1 sm. bottle green cherries, if desired
2 sm. bottles red cherries
⅓ c. butter, melted
¾ c. light brown-sugar
1 t. cinnamon

(1) Drain fruit and place in buttered casserole dish. (2) Spoon butter and sugar over fruit and sprinkle with cinnamon. (3) Bake uncovered at 325 degrees 1 hour. (4) Cool and refrigerate overnight. (5) Bake again for 30 minutes. Serve warm. (May be served after baking rather than refrigerating.) (Suitable for freezing.)

— Linda Faye Turner, Tom Orr Area Vocational Center, Butler

BAKED FRUIT SALAD

Number of Servings — 12

1 pkg. dried mixed fruit, cooked until tender
2 apples, peeled and quartered
1 banana, sliced lengthwise
2 oranges, peeled and sectioned
16-oz. can pineapple slices, halved and drained
½ c. raisins
16-oz. can whole berry cranberry sauce
½ c. honey
¼ c. margarine, melted
2 T. cornstarch
¼ c. water

(1) Arrange fruit in a quart baking dish; gently stirring with fork to break up cranberries. (2) Mix honey and butter in small saucepan. Blend cornstarch and water and add to honey mixture. Heat, stirring until thick. (3) Pour honey sauce over fruit. (4) Bake in preheated 325

degree oven 20 to 25 minutes. (Serve hot as an accompaniment to turkey, chicken, or ham.)

— *Laura W. Cummings, LaDow Area Vocational Center, Carrollton*

GREEN RICE CASSEROLE

1 c. onion, chopped
½ c. green pepper, chopped
1 stick margarine
8-oz. jar Cheese Whiz
1 can mushroom soup
3 c. cooked rice
1 pkg. frozen broccoli, cooked

(1) Cook onion and pepper in margarine until tender. (2) Add Cheese Whiz and can of mushroom soup. Cook until melted and blended. (3) Add to rice and broccoli, pour in casserole and bake at 350 degrees for 30 minutes.

— *Gail Coan, Haleyville High School*

FANCY EGG SCRAMBLE

Number of Servings — 10

1 c. Canadian Bacon, diced
¼ c. green onion, chopped
3 T. butter or margarine
12 eggs, beaten
3-oz. can mushroom pieces, drained
2 T. butter or margarine
2 T. all-purpose flour
½ t. salt
1/8 t. pepper
2 c. milk
1 c. processed American Cheese, shredded
4 T. butter or margarine, melted
2¼ c. soft bread crumbs
1/8 t. paprika

(1) In large skillet, cook Canadian bacon and onion in the 3 T. butter until onion is tender but not brown. (2) Add eggs and scramble just until set. (3) Prepare cheese sauce. Melt butter, blend in flour, salt and pepper and add milk. Cook and stir until bubbly. Stir in cheese and heat until melted. (4) Fold mushrooms and cooked eggs into cheese sauce. (5) Turn into a 12'' x 7'' x 2'' baking dish. (6) Combine 4 T. melted butter, crumbs and paprika and sprinkle on top of eggs. (7) Cover; chill until 30 minutes before serving. (8) Bake uncovered in 350 degree oven for 30 minutes.

— *Beth Flippo, Speake High School, Danville*

LASAGNE

Number of Servings — 8

1 lb. Italian sausage
1 clove garlic, minced
1 T. basil
1½ t. salt
1-lb. can tomatoes
2 6-oz. cans tomato paste
10 oz. lasagne noodles
2 eggs
3 c. cottage cheese
2 T. parsley flakes
1 t. salt
½ t. pepper
1 lb. Mozarella cheese, thinly sliced

(1) Brown meat slowly; spoon off excess fat. (2) Add next 5 ingredients. Simmer uncovered 30 minutes, stirring occasionally. (3) Cook noodles in a large amount of boiling, salted water, until tender; drain and rinse. (4) Beat eggs; add remaining ingredients except Mozarella. (5) Layer ½ of the noodles in a 13" x 9" x 2" baking dish; spread with half of the cottage cheese filling; add half Mozarella cheese and half of the meat sauce. Repeat. Bake at 375 degrees for 30 minutes. (Let stand 10 minutes before serving.) (Suitable for freezing.)

— Carla Shaw, Greenwood Middle School, Bessemer

SIMPLE SUNDAY NIGHT SOUFFLE'

Number of Servings — 4

1 c. milk, scalded
3 pieces of bread, torn up
1 t. salt
⅓ lb. American cheese, grated
1 T. butter
3 eggs, separated

(1) Scald 1 cup of milk. (2) To this add the bread, salt, cheese and butter. (3) Beat 3 egg yolks until thick and lemon colored and add to above mixture. (4) Beat 3 egg whites until stiff but not dry and fold into above mixture. (5) Pour all into greased casserole and bake about 35-40 minutes at 350 degrees. Serve immediately. (Good served with sliced ham and applesauce.)

— Faith A. Jansen, Haleyville High School

COOKIES

TEA CAKES

Number of Servings — 5 Dozen

2 sticks oleo
2 c. sugar
3 eggs
3½ c. all-purpose flour
½ t. salt
1 T. baking powder
1 t. vanilla

(1) Cream butter and sugar. (2) Add eggs and mix well. (3) Sift flour, salt and baking powder and add to sugar mixture, mix well then add vanilla. (4) Drop by spoon on greased cookie sheet. (5) Bake at 350 degrees, 10-12 minutes.

— Clara Ann Dyess, Elba High School

TEA CAKES

Number of Servings — 5-6 Dozen

2½ c. sugar
1 c. margarine
3 eggs
1 t. vanilla
5 c. self-rising flour

(1) Cream sugar and margarine. (2) Add eggs, one at a time, beating well after each. Add vanilla. Add flour; mix well. (3) Form into small balls; flatten with bottom of glass, which has been dipped in flour. (4) Bake on ungreased cookie sheet 8-10 minutes at 350 degrees.

— Leasle Maze, Albert P. Brewer High School, Somerville

BASIC COOKIE

Number of Servings — 60

1 c. butter
1 c. sugar
1 egg
2⅔ c. plain flour
½ t. salt
1 t. vanilla

(1) Cream butter and sugar until light and fluffy. (2) Add egg and beat well. (3) Add flour, salt, and vanilla. Mix well. (4) Drop onto cookie sheet and bake at 325 degrees for 12 minutes. (To this dough different spices, crushed peppermint, and chocolate chips may be added as desired.)

— Broxie C. Stuckey, Gordo High School

THE CARTER COOKIE

3 lge. eggs
1 c. shortening
1 c. sugar
1 c. brown sugar, packed
1 c. cream style peanut butter
1 t. pure vanilla extract
3½ c. all-purpose flour, unsifted
2 t. cream of tartar
2 t. soda
½ t. baking powder
½ t. salt
2 c. dry roasted peanuts

(1) Preheat oven to 375 degrees. (2) In large bowl of electric mixer at medium speed beat first six ingredients together until smooth. (3) Sift together next five ingredients. (4) Gradually add to peanut butter mixture beating slowly until well blended. (5) Shape a teaspoon of dough into a walnut size ball. (6) Gently press balls into peanuts, place on greased cookie sheet and press lightly with fingers. (7) Bake for 10-12 minutes until tops are cracked and a light golden brown.

— Jean Seibert Brown, Pleasant Home High School, Andalusia

CHOCOLATE COOKIES

Number of Servings — 3½ Dozen

1 pkg. Duncan Hines Deluxe II White Cake Mix
¼ c. light brown sugar
1 c. or 6-oz. pkg. semi-sweet chocolate chips
½ c. nuts, chopped
¾ c. oil
1 egg

(1) Preheat oven to 375 degrees. (2) In a large bowl stir all ingredients together until well mixed. (3) Drop from a teaspoon onto an ungreased cookie sheet. (4) Bake at 375 degrees for 10-12 minutes, until centers of cookies are golden brown. (Edges will look darker.) (5) Cool on cookie sheet for 1 minute, then remove to rack to finish cooling.

— Alice E. Blackburn, Prattville High School, 9th Grade

FORGOTTEN COOKIES

Number of Servings — 2 Dozen

2 egg whites
⅔ c. sugar
1 t. vinegar
½ t. vanilla extract
1 c. chopped pecans or walnuts
½ c. semi-sweet chocolate bits
½ c. crisp rice cereal or cornflakes
1 c. coconut, if desired

(1) Beat egg whites until foamy (be sure egg whites are at room temperature before using.) (2) Gradually add sugar and continue beating until stiff. (3) Add vinegar, vanilla extract and mix well. (4) Fold in gently the nuts, chocolate bits, cereal and coconut. (5) Drop cookies by teaspoonsful onto ungreased foil-covered cookie sheet. (6) Place in pre-

heated 350-degree oven. Immediately turn off heat. (7) Leave cookies in closed oven overnight.

— Melinda H. Frix, Brilliant High School

FRUIT CAKE COOKIES

Number of Servings — 100

½ lb. red candied cherries
½ lb. green candied cherries
½ lb. red candied pineapple
½ lb. green candied pineapple
½ lb. yellow candied pineapple
2 qts. pecans
2½ c. all-purpose flour
1 heaping c. sugar
2 sticks or 1 c. margarine
½ t. salt
½ t. ground cloves
½ t. cinnamon
5 eggs
¼ c. of wine or grape juice

(1) Chop fruits and nuts. (2) Dredge fruits and nuts with 1/2 cup of the flour. Set aside. (3) Cream sugar and margarine. (4) Sift remaining flour with salt, cloves, and cinnamon. (5) Add to margarine mixture. (6) Add eggs and wine. Mix well. (7) Add fruits and nuts, mixing well. (8) Drop by teaspoon on greased baking sheet. (9) Bake in preheated 325 degree oven for 10-15 minutes. (Do not overcook.) (These cookies become better the longer they are stored in an air-tight container. If you do not have time to bake all of the mixture, place it in a covered container and store in refrigerator. It will keep for weeks.)

— Christine C. Poe, Fairhope High School

HOLIDAY FRUIT COOKIES

Number of Servings — 3 Dozen

1 c. all-purpose flour, unsifted
1 t. baking powder
pinch of salt
1 can sweetened condensed milk
½ lb. candied cherries
1 pkg. dates, chopped
1 sm. can coconut
3 c. pecans
1 t. vanilla

(1) Measure flour into large mixer bowl. Add baking powder and salt. Mix well. (2) To flour mixture, add cherries, dates, and nuts. Stir to coat. (3) Stir in sweetened condensed milk and add coconut and vanilla. (4) Drop on lightly greased cookie sheet by the teaspoonful. (5) Bake at 325 degrees for 20 minutes. (Suitable for freezing.)

— Gwen Sanders, Eva Junior High School

HEALTH COOKIES

Number of Servings — 75-100

1 c. margarine
1 c. brown sugar
1 c. granulated sugar
2 eggs
2 c. flour
1¼ t. baking powder
1½ t. soda
2 c. rolled oats
2 c. rice krispies
1 c. pecans
1 t. vanilla

(1) Grease baking sheet lightly with shortening. Preheat oven to 375 degrees. (2) Cream margarine. Add sugars and cream well. (3) Beat eggs well and combine with creamed mixture. (4) Sift dry ingredients together three times. Add to other mixture. (5) Add oats, rice krispies and chopped pecans and vanilla. Chill for 15 minutes. (6) Form dough into balls. Place on baking sheet. (7) Bake until brown, about 8 minutes. Let stand on sheet until cool. (Suitable for freezing.)

— Terah George, Cold Springs High School, Bremen

PASTEL JELL-O COOKIES

Number of Servings — Approximately 2 Dozen

3½ c. all-purpose flour
1 t. baking powder
1½ c. margarine
1 c. sugar
3-oz. pkg. Jell-O (favorite flavor)
1 egg
1 t. vanilla
flour as needed for dough to press

(1) Mix flour with baking powder. (2) Cream butter, gradually add sugar and gelatin, beat well. (3) Beat in egg and vanilla. (4) Gradually add flour mixture. (5) Use cookie press. Press cookies on cookie sheet. (6) Bake at 400 degrees until done.

— Jennie Johnson, Lyeffion High School, Evergreen

CHEWY OATMEAL COOKIES

Number of Servings — 3½ dozen

1 c. all-purpose flour
½ c. granulated sugar
½ c. brown sugar, packed
½ t. baking powder
½ t. baking soda
¼ t. salt
½ c. shortening
1 egg
¼ t. vanilla
¾ c. quick cooking rolled oats
¼ c. walnuts, chopped
granulated sugar

(1) In mixing bowl, stir together first 6 ingredients. (2) Add shortening, egg, and vanilla; beat well. (3) Stir in oats and nuts. (4) Form into small balls. (5) Dip tops in granulated sugar. (6) Place on ungreased cookie sheet. (7) Bake at 375 degrees for 10-12 minutes. (Suitable for freezing.)

— Judy Womack, Jackson County Technical School, Hollywood

BANANA OATMEAL COOKIES

Number of Servings — 3½ Dozen

1½ c. all-purpose flour, sifted
1 c. sugar
½ t. baking soda
1 t. salt
¼ t. nutmeg
¾ t. cinnamon
¾ c. shortening
1 egg, well beaten
1 c. ripe banana, mashed
1¾ c. rolled oats, uncooked
½ c. nuts, chopped

(1) Preheat oven to 400 degrees (moderately hot). (2) Sift into mixing bowl: flour, sugar, soda, salt, nutmeg, and cinnamon. (3) Cut in shortening. (4) Add egg, bananas, rolled oats and nuts; beat thoroughly. (5) Drop by teaspoonsful, about 1½ inches apart onto ungreased cookie sheet. (6) Bake 15 minutes, or until edges are browned. (7) Remove from pan immediately.

— Ruth L. Rice, Greensboro Public School East

CHOCOLATE BUTTERSWEETS

Number of Servings — About 36 Cookies

½ c. butter or margarine
½ c. confectioners' sugar
¼ t. salt
1 t. vanilla
1¼ c. plain flour

(1) Cream butter. (2) Add sugar, salt, and vanilla; cream well. (3) Gradually add flour. (4) Shape by teaspoonsful into balls. (5) Place on ungreased cookie sheets and press hole in center of each. (6) Bake at 350 degrees for 12 to 15 minutes until delicately brown. (7) Fill while warm. (8) Cool and frost.

CREAMY NUT FILLING

3 oz. pkg. cream cheese
1 c. confectioners' sugar, sifted
2 T. flour
1 t. vanilla
½ c. pecans, chopped
½ c. flaked coconut

(1) Soften cream cheese. (2) Blend in confectioners' sugar, flour and vanilla; cream well. (3) Stir in chopped pecans and flaked coconut. (4) Place a small amount of filling on top of each cookie.

CHOCOLATE FROSTING

½ c. semi-sweet chocolate morsels
2 T. margarine
2 T. water
½ c. confectioners' sugar, sifted

(1) Melt semi-sweet chocolate morsels and margarine with water over low heat, stirring occasionally. (2) Add sifted confectioners' sugar; beat until smooth. (3) Drizzle frosting over the filling on each cookie.

— Resa M. Shepherd, Akron Community School, East

OATMEAL CHIP COOKIES

Number of Servings — 5 Dozen

1 c. shortening
¾ c. sugar
¾ c. brown sugar
2 eggs
1 T. hot water
1½ c. flour
1 t. soda
1 t. vanilla
2 c. oatmeal
1 c. pecans, chopped
1 sm. pkg. chocolate chips

(1) Cream shortening and sugars. (2) Add eggs, then hot water. (3) Add sifted flour mixed with soda. (4) Add vanilla. Mix well. (5) Stir in oatmeal, pecans, chocolate chips. (6) Drop by teaspoonsful on greased cookie sheet and bake at 375 degrees for 10-12 minutes.

— Sherry Grey, Berry High School

OATMEAL COCONUT COOKIES

Number of Servings — 6 Dozen

1½ c. all-purpose flour, sifted
1 t. baking soda
1 t. salt
1 c. sugar
½ c. brown sugar
¼ c. rolled oats, uncooked
¾ c. flaked coconut
1 c. shortening, melted
1 egg, well beaten

(1) Sift together flour, baking soda, salt, sugar, and brown sugar. (2) Add rolled oats and coconut and milk. (3) Add melted shortening and egg and mix thoroughly. (4) Shape into small balls, place on ungreased baking sheet and press down lightly with a fork. (5) Bake in a moderate oven, 350 degrees, for 10 to 15 minutes or until cookies are brown. (6) Place cookies on cake rack to cool. (Suitable for freezing.)

— Helen S. Williams, Luverne High School

POUND CAKE COOKIES

Number of Servings — 5 Dozen

3 sticks margarine
1¼ c. sugar
3 egg yolks
3½ c. all-purpose flour
2 t. almond flavoring
pecan halves

(1) Cream margarine until soft. (2) Add sugar gradually and continue creaming until light and fluffy. (3) Add egg yolks. (4) Add flour a little at a time. (5) Add flavoring. (6) Roll dough into small balls and place on ungreased cookie sheet. (7) Press a pecan half into each cookie. (8) Bake at 300 degrees for 18 minutes. (Suitable for freezing.)

— Margaret E. Borders, Wellborn High School, Anniston (Retired)

POWDER PUFF COOKIES

Number of Servings — 3 Dozen

1 c. Crisco
1 c. sugar
1 egg
2 c. flour, sifted
1 t. cream of tartar
½ t. soda
1 t. vanilla
pinch of salt
1 c. pecans, chopped

(1) Cream Crisco and sugar, add egg. (2) Sift dry ingredients together and add to mixture. (3) Add vanilla and then nuts. (4) Drop by teaspoonsful on cookie sheet. (5) Bake at 375 degrees for 5 to 7 minutes.

— Mary C. James, Greenville High School

QUICK COOKIES

Number of Servings — 100

4 c. sugar
1 c. cocoa
½ lb. butter
1 c. milk
1 c. peanut butter
6 c. quick oats
1 t. salt
2 T. vanilla

(1) Put in a saucepan first four ingredients; bring to a rolling boil, then cook two minutes. (2) Combine peanut butter, oats, salt and vanilla in bowl. (3) Pour hot mixture over peanut butter mixture. (4) Mix thoroughly and drop by teaspoonsful on waxed paper.

— Virginia S. McEwen, Coosa County Area Vocational Center, Rockford

ROLLED COOKIES

1 c. shortening
1 c. sugar
3 eggs
1½ t. vanilla
3½ c. flour, sifted
2 level t. baking powder
½ t. salt

(1) Cream shortening and sugar well. (2) Add eggs and vanilla. (3) Add dry ingredients and mix well. (4) Chill for 3 hours. (5) Roll out on floured surface, 1/8'' thick and cut in desired shapes. (6) Decorate with colored sugar. (7) Bake at 375 degrees 8 to 10 minutes or until delicately brown. (8) Remove to racks to cool.

— Miriam E. Sanders, Eutaw High School

RUTH'S COOKIES

Number of Servings — 2½ Dozen

½ c. butter or margarine
1 c. sugar
2 eggs
1 t. vanilla
2½ c. flour
½ t. salt
½ t. soda

(1) Cream butter and sugar until light and fluffy. (2) Beat in eggs. (3) Add vanilla. (4) Sift together flour, salt, and soda. (5) Add dry in-

gredients to mixture (about 1/3 at a time), beating until smooth. (6) Cover mixture, place in refrigerator for 2 to 3 hours. (7) Shape or spoon drop. (8) Place on a greased cookie sheet. (9) Bake at 400 degrees until brown.

— *Willie Ruth Delaine, Sumter County Area Vocational Center, Livingston*

SUGAR COOKIES

Number of Servings — 2 Dozen

1 c. liquid shortening
1½ c. sugar
1 t. vanilla
2 eggs
¼ c. milk
3 t. baking powder
½ t. salt
3 c. flour, sifted

(1) Mix shortening, sugar, vanilla, and eggs. (2) Add milk, then add baking powder and salt. Stir in flour. (3) Use two teaspoons to drop dough on sheets. Press down with a flat bottom glass dipped in sugar. (4) Sprinkle cookies with sugar before baking. (5) Bake 6 to 8 minutes at 375 degrees.

— *Mamie R. Green, Carver Junior High School, Montgomery*

SUGAR COOKIES

Number of Servings — 150 Cookies

1 c. butter
2 c. sugar
2 eggs, beaten
2 t. vanilla
3½ c. cake flour
2 t. baking powder
½ t. salt
1 c. nuts, finely chopped (optional)

(1) Cream butter and sugar, add eggs and flavoring alternately with the sifted ingredients. (2) Form into long rolls about 1½ inches in diameter. (3) Wrap in waxed paper and place in refrigerator. (4) Slice cookies 1/8 inch thick and bake in 375 degree oven for 10 minutes. (Suitable for freezing.)

— *Sara Parker, Cottonwood High School*

PASTEL SUGAR COOKIES

Number of Servings — 5 Dozen

1½ c. confectioners' sugar
1 c. butter
1 egg
1 t. vanilla
½ t. almond flavoring
2½ c. flour, sifted
1 t. soda
1 t. cream of tartar

(1) Cream sugar and butter. (2) Mix in egg and flavorings. (3) Blend dry ingredients and mix well with egg and sugar mixture. (4) Refrigerate 2 to 3 hours. (5) Roll dough to 3/16'' thickness. Cut with floured cookie cutter. (6) Place on a lightly greased baking sheet. Bake at 375

degrees for 7-8 minutes. (7) Cool.

FROSTING

1½ c. confectioners' sugar
½ t. vanilla
⅔ T. milk
food coloring

(1) Combine and mix ingredients for frosting until smooth and frost cookies.

— Kay M. Mullins, Minor High School

SOUR CREAM SUGAR COOKIES

Number of Servings — 5½ Dozen

½ c. shortening
1 c. sugar
1 egg
1 t. vanilla extract
3 c. all-purpose flour
1 t. soda
½ t. salt
½ c. sour cream
sugar

(1) Combine shortening, 1 cup sugar, egg, and vanilla; cream until light and fluffy. (2) Combine flour, soda, and salt; blend into creamed mixture. (3) Stir in sour cream, mixing well. (4) Roll dough into 1-inch balls, and place on lightly greased cookie sheet. (5) Flatten with a fork, and sprinkle with sugar. Bake at 350 degrees for 10 to 12 minutes.

—Zethalyn T. Linden, McIntyre Junior High School, Montgomery

EASY CHOCOLATE CHIPPERS

Number of Servings — 3 Dozen

shortening
1 pkg. (2-layer size) yellow cake mix
¼ c. margarine, softened
⅓ c. milk
1 egg
1 c. semi-sweet chocolate pieces
½ c. walnuts, chopped

(1) Set oven at 375 degrees. (2) Lightly grease baking sheet with shortening. (3) Stir cake mix, margarine, milk, and egg in bowl. (4) Stir in chocolate pieces and walnuts. (5) Drop from teaspoon, about 2 inches apart, onto greased baking sheet. (6) Bake 12 minutes. (7) Let stand a few minutes before removing with spatula. (8) Cool on wire rack.

— Betty Barnes, Headland Center

PEANUT BUTTER REESE CUPS

Number of Servings — 3 Dozen

1½ c. graham cracker crumbs
1⅓ c. peanut butter
1 box confectioners' sugar
1½ sticks butter, melted
⅔ block paraffin
12 oz. semi-sweet chocolate

(1) Combine graham cracker crumbs, peanut butter, confectioners' sugar and melted butter. (2) Mix thoroughly and roll out into patties. (3) Melt paraffin with chocolate. (4) Put 1 teaspoon of chocolate in the bot-

tom of a cupcake paper or a custard cup. (5) Put in one pattie and add chocolate to cover pattie. (6) Continue this process until all patties have been covered with chocolate.

— *Sandra K. Hooper, Sand Rock High School, Leesburg*

GOLDEN NUT DROPS

Number of Servings — 54-60 Cookies

2 c. all-purpose flour
1½ t. baking powder
½ t. soda
¼ t. salt
½ c. sugar
¼ c. brown sugar, firmly packed
¾ c. shortening
1 egg
4½-oz. jar strained carrots
1 t. vanilla
1 c. walnuts, chopped

(1)In large mixer bowl combine all ingredients except walnuts. (2) Blend well with mixer. (3) Stir in walnuts; mix thoroughly. (4) Drop well-rounded teaspoon of dough onto ungreased cookie sheet. (5) Bake at 400 degrees for 10-12 minutes. (6) Frost with Butter Cream Vanilla Frosting while warm. (Use small size package of Butter Cream Vanilla Frosting and mix as directed.)

— *Virginia B. Cash, Etowah High School, Attalla*

COCONUT ALMOND LOGS

Number of Servings — Makes 3 Dozen

8-oz. pkg. cream cheese
3 c. confectioners' sugar, sifted
½ t. vanilla
2 c. quick oats, uncooked
½ c. flaked or shredded coconut
½ c. slivered almonds, chopped
1 c. flaked or shredded coconut, toasted

(1) Beat cream cheese until creamy. (2) Gradually add sugar, beating until well blended. (3) Blend in vanilla. (4) Stir in oats, coconut and almonds. (5) Shape dough to form 2-inch logs. (6) Roll each log in toasted coconut. (7) Chill until firm. (8) Store in refrigerator.

— *Magdalene R. Robinson, Greenville High School*

MELTING MOMENTS

⅓ c. confectioners' sugar
2 c. flour, sifted
1 c. butter

(1) Cream butter with sugar until fluffy. (2) Blend in flour gradually, then beat at medium speed with electric mixer for three minutes or until satin smooth. (3) Chill several hours or until firm enough to handle.

(4) Form into marble size balls and place 1'' apart on an ungreased baking sheet. (5) Bake at 325 degrees until light brown. (6) Remove from baking sheet. (7) Put flat sides of cookies together with Almond Butter Cream Frosting.

ALMOND BUTTER CREAM FROSTING

1½ c. confectioners' sugar
3 T. butter or oleo
2 T. cream
¼ t. almond extract
few drops green food coloring

(1) Blend confectioners' sugar with butter, cream and almond extract until smooth. (2) Tint a very pale green. (3) Use to fill cookies.

— Ruby C. Phillips, District Specialist, State Department of Education, Montevallo

RUSSIAN ROCKS

Number of Servings — 150-160 Cookies

1 c. butter or Crisco
1 c. sugar
1 c. brown sugar
½ c. light corn syrup
3 whole eggs or 6 egg yolks
½ t. baking soda
½ c. buttermilk
3½ c. flour
1 T. ground cinnamon
1 t. cloves and nutmeg
1½ t. vanilla
pinch salt
4 c. pecans, chopped
16-oz. box dates, chopped

(1) Cream butter and sugars. (2) Add corn syrup. (3) Beat in eggs. (4) Mix soda with buttermilk and add. (5) Sprinkle a little flour over dates. (6) Mix remaining flour with spices and add. (7) Add vanilla and salt to butter mixture, then pecans and dates and blend well. (8) Drop on foil or greased cookie sheet. (9) Bake at 350 degrees about 15 minutes. (Suitable for freezing.)

— Clara Ann Dyess, Elba High School

SAND TARTS

Number of Servings — 60 Tarts

1 c. butter
5 T. confectioners' sugar
2 c. flour
1½ c. nuts, chopped
2 t. vanilla

(1) Cream butter and sugar. (2) Add other ingredients. (3) Mix well and roll into small balls. (4) Bake at 350 degrees for 1/2 hour. (5) Roll in confectioners' sugar while warm. For variation, form the ball around a chocolate chip or kiss.

— Sue C. Andress, Escambia-Brewton Area Vocational Center

BARS AND SQUARES

BRAZIL NUT TRIPLE LAYER BAR

Number of Servings — 2 Dozen

¼ c. butter
¼ t. salt
1 c. flour (sifted)
2 eggs
¾ c. brown sugar (packed)
1 c. Brazil nuts, finely chopped
½ c. flake coconut
1 t. vanilla
¼ t. salt
2 T. flour
¼ c. nuts, coarsely chopped

(1) Preheat oven to 375 degrees. (2) With wooden spoon, thoroughly cream butter with 1/4 teaspoon salt and 1 cup flour. (3) With spatula press this mixture evenly into greased 9" x 9" x 2" pan. (4) Bake 15 minutes. (5) Meanwhile, beat eggs well. (6) Add brown sugar, finely chopped nuts, coconut, vanilla, 1/4 teaspoon salt, and 2 tablespoons flour. (7) Spread this mixture evenly over baked layer. (8) Bake 15 minutes. Cool. (9) Frost with orange frosting. (10) Sprinkle with coarsely chopped nuts. (11) Cut into bars. (Suitable for freezing.)

ORANGE FROSTING

1¾ c. confectioners' sugar
2 T. butter
1 T. orange rind, grated
2 T. orange juice

(1) Thoroughly blend all ingredients and spread over Brazil Nut triple layer bars. Cut into bars.

— Charlene H. Moore, Dadeville High School

DOUBLE CHOCOLATE CRUMBLE BARS

Number of Servings — 3 to 4 Dozen

½ c. butter or margarine
¾ c. sugar
2 eggs
1 t. vanilla
¾ c. all-purpose flour
½ c. pecans, chopped
2 T. unsweetened cocoa
¼ t. baking powder
¼ t. salt
2 c. tiny marshmallows
6-oz. pkg. (1 c.) semi-sweet chocolate pieces
1 c. peanut butter
1½ c. crisp rice cereal

(1) Cream butter or margarine and sugar. (2) Beat in eggs and vanilla. (3) Stir together flour, chopped nuts, cocoa, baking powder and salt and stir into egg mixture. (4) Spread in bottom of greased 13" x 9" x 2" baking pan. (5) Bake in 350 degree oven for 15 to 20 minutes or

until bars test done. (6) Sprinkle marshmallows evenly atop; bake 3 minutes more. Cool. (7) In small saucepan combine chocolate pieces and peanut butter; cook and stir over low heat until chocolate is melted. (8) Stir in cereal. (9) Spread mixture atop cooled bars. (10) Chill. (11) Cut into bars. (12) Refrigerate.

— Maxine H. Butler, Fayette County High School

DOUBLE CHOCOLATE CRUMBLE BARS

Number of Servings — 30-35

2 sq. unsweetened chocolate
2 sticks margarine
1⅓ c. plain flour, sifted
2 c. sugar
4 eggs
1 t. vanilla
2 c. miniature marshmallows
6-oz. pkg. chocolate chips
1 c. peanut butter
1½ c. crisp rice cereal

(1) Melt margarine and chocolate in a small saucepan; cool. (2) Combine flour, sugar, eggs, and vanilla in a mixing bowl and mix well. (3) Add the cool chocolate mixture and mix again. (4) Pour into a greased 9'' x 13'' baking dish. (5) Bake at 325 degrees until bars test done. (6) Sprinkle marshmallows evenly over top; bake 3 minutes more. (7) Cool. (8) In small saucepan combine chocolate pieces and peanut butter, cook and stir over low heat until chocolate is melted. (9) Stir in cereal. Spread mixture over top of cooled bars. (10) Cool. (11) Refrigerate. (Suitable for freezing.)

— Joanie Greene Perry, Wadley High School

EASY-CHEESY LEMON BARS

Number of Servings — 36 Bars

1 pkg. Pillsbury Plus Lemon Cake Mix
½ c. butter or margarine, melted
1 egg
1 pkg. Pillsbury Rich'n Easy Lemon Frosting Mix
8-oz. cream cheese, softened
2 eggs

(1) Preheat oven to 350 degrees. (2) Grease bottom only of 13'' x 9'' pan. (3) Combine cake mix, butter and egg. Stir until moist. Pat into pan. (4) Blend frosting mix into softened cream cheese. Reserve 1/2 cup for frosting baked bars. (5) Add 2 eggs to remaining frosting mixture. Beat 3 to 5 minutes at high speed. (6) Spread over base. (7) Bake at 350 degrees for 30 to 40 minutes. (8) Cool and frost. (9) Cut into bars. (Refrigerate leftovers.)

— Laura W. Cummings, LaDow Area Vocational Center, Carrollton

RICH PEANUT BUTTER BARS

Number of Servings — 2 Dozen Squares

½ c. peanut butter
½ c. margarine or butter
1½ c. sugar
2 eggs
1 t. vanilla
1 c. self-rising flour

(1) Melt peanut butter and margarine or butter in bowl over hot water. (2) Add remaining ingredients. Stir until blended. (3) Pour into greased and floured 9'' x 13'' x 2'' pan. Bake in 350 degree oven for 25-30 minutes. (4) Cool and cut into squares.

— Helen Glasscock, Madison County Technical Center, Huntsville

PECAN PIE BARS

Number of Servings — 24

1 pkg. yellow cake mix
½ c. butter, melted
1 egg

FILLING:
⅔ c. reserved cake mix
½ c. brown sugar
1½ c. dark corn syrup
1 t. vanilla
3 eggs
1 c. pecans

(1) Reserve 2/3 cup cake mix. (2) In a large bowl, combine rest of cake mix, butter and egg. (3) Press into a prepared pan. (4) Bake at 350 degrees for 15-20 minutes (until lightly brown). (5) Combine ingredients for filling and pour over partially baked crust. (6) Sprinkle with pecans. (7) Return to oven for 30-35 minutes. (8) Cool and cut into bars.

— Amelia Smith, Elkmont High School

TREASURE CHEST BARS

Number of Servings — 3 Dozen Bars

2 c. all-purpose flour
½ c. sugar
½ c. brown sugar, firmly packed
1½ t. baking powder
½ t. salt
½ c. solid shortening
¾ c. milk
1 t. vanilla
2 eggs
6-oz. pkg. semi-sweet or milk chocolate chips (1 c.)
1 c. Maraschino cherries, drained and chopped
1 c. peanuts or salted mixed nuts, chopped

(1) Heat oven to 350 degrees. (2) Grease and flour 15'' x 10'' jelly roll pan. (3) In a large bowl, combine all ingredients except chocolate chips, cherries, and nuts. (4) Blend at medium speed until smooth, about 2 minutes. (5) Stir in chocolate chips, cherries and nuts. (6) Spread

in prepared pan. (7) Bake 25 to 30 minutes until lightly browned.

ICING

2 c. confectioners' sugar
2 T. margarine or butter, softened
2-3 T. milk
½ t. vanilla
½ sq. unsweetened chocolate, melted

(1) In small bowl, combine icing ingredients. (2) Blend until smooth. (3) Spread over warm baked mixture. (4) Drizzle with melted chocolate. (5) Cool; cut into bars.

— Mozelle J. Peagler, Greenville High School

CHEW BREAD

Number of Servings — 32

1 stick margarine
1 box brown sugar
3 eggs
3 c. self-rising flour
1 t. vanilla
1 c. nuts, chopped
1 c. coconut
1 pkg. butterscotch morsels

(1) Cream oleo, sugar and eggs. (2) Add flour (save a small portion to coat nuts and morsels), add flavoring. (3) Coat nuts, coconut and morsels with flour, add to mixture. (4) Place in greased 13'' 'x 9'' baking pan, bake for 45 minutes at 350 degrees. (5) Cut into squares and cool.

— M. Louise Preyer, Monroe County High School, Monroeville

BROWNIES

Number of Servings — 16

⅓ c. margarine
2 oz. unsweetened chocolate
2 eggs
1 c. sugar
1 T. light Karo syrup
1 T. vanilla
¾ c. flour
½ t. baking powder
½ t. salt

(1) Place margarine and chocolate in pan and cook over low heat, stirring constantly until margarine and chocolate melt. Cool. (2) Beat in eggs one at a time until well blended. (3) Add sugar, Karo syrup and vanilla and mix well. (4) Sift flour, baking powder, and salt, and add to the chocolate mixture. (5) Beat until well blended. (6) Pour into a greased 8-inch square pan. (7) Bake at 350 degrees for 35 minutes. (8) Cut in squares.

— Ruth Aurin Jennings, Eufaula High School

BLONDE BROWNIES WITH CHOCOLATE CHIPS

Number of Servings — 16

¾ stick butter or margarine, melted
1 c. brown sugar, packed
1 egg
1 t. vanilla
1 c. plain flour
½ c. nuts, chopped
½ c. chocolate chips, semi-sweet

(1) Melt butter or margarine in 8'' round or square baking pan at 350 degrees; cool slightly. (2) Pour warm butter or margarine into small mixer bowl; add sugar and egg and beat well. (3) Stir in vanilla, flour and nuts. (4) Pour into greased 8'' baking pan (same pan used for melting fat); sprinkle chocolate chips on top. (5) Bake at 350 degrees for 25 to 30 minutes. (6) Cool slightly, then cut into squares. (Suitable for freezing.)

— Yvonne T. Napp, Choctaw County High School, Butler

MOIST N' CHEWY BROWNIES

Number of Servings — 40

1 c. semi-sweet chocolate chips
¼ c. butter or margarine
2 c. biscuit mix
14-oz. can Eagle Brand milk
1 egg, beaten
1 c. chopped nuts
vegetable cooking spray

(1) Preheat oven to 350 degrees. (2) In large saucepan sprayed with vegetable spray, over very low heat, melt chips and butter and stir occasionally until well blended. (3) Remove from heat and add baking mix, sweetened condensed milk, and egg; stir well. (4) Stir in nuts. (5) Spray bottom and sides of a 13'' x 9'' baking dish and pour brownie mixture into pan. (6) Bake 20-25 minutes. (7) Cool slightly and cut into squares. (May be frosted with chocolate buttercream frosting.) (Suitable for freezing.)

— Connie Barksdale, East Limestone High School, Athen.

FILLED BROWNIES

Number of Servings — 54

1 c. butter
2 c. brown sugar, firmly packed
2 eggs
1 t. vanilla
1½ c. all-purpose flour
1 t. soda
¾ t. salt
2 c. cornflakes, coarsely crushed
2 c. oatmeal
1 c. pecans, chopped

(1) Cream butter and sugar. (2) Add eggs, one at a time, beating well after each addition. (3) Add vanilla and beat thoroughly. (4) Blend in flour, soda, and salt, which have been sifted together. (5) Stir in cornflakes, oatmeal, and nuts. (6) Press one-half of this dough into bottom

of greased 15" x 10" x 1" jellyroll pan and set aside. This dough is sticky, flour your fingers to press dough down.

FILLING

2 c. semi-sweet chocolate bits
2 T. butter
2 t. vanilla
¾ c. condensed milk
½ t. salt
1 c. pecans, chopped

(1) Melt chocolate bits and butter over hot water. (2) Remove from heat, stir in flavoring, condensed milk, and salt. (3) Add nuts, stir until smooth, spread evenly over dough in pan. (4) Spread reserved half of dough over chocolate filling. (5) Bake at 350 degrees for 30-35 minutes. (6) Let rest about 5 minutes, then using a sharp knife, cut into 1½-inch squares. (7) Cool completely before removing from pan. (These freeze well.)

— Beverly Jackson, Cotaco Junior High School, Somerville

GUMDROP COOKIES

Number of Servings — 24

1 lb. orange gumdrops, cut finely
2 c. plain flour, sifted
1 lb. light brown sugar
1 c. nuts, chopped
4 eggs
1 t. vanilla extract
confectioners' sugar

(1) Mix flour with gumdrops and roll to coat each piece. (2) Add sugar, nuts and vanilla and blend well. (3) Add eggs, one at a time, beating well. (4) Bake in a greased and floured pan at 325 degrees for 50 minutes. (5) Leave in pan to cool. Cut into squares and roll in confectioners' sugar. (Suitable for freezing.)

— Lela H. Willis, Choctaw County High School, Butler

CHESS SQUARES

1 box yellow cake mix
1 stick margarine
1 egg
8-oz. pkg. Cream Cheese
1-lb. box confectioners' sugar
2 eggs

(1) Mix cake mix, margarine and 1 egg together; batter will be thick. (2) Spread over bottom of baking pan 14½" x 10½" x 1". (You may have to push mix out to the corners with your hands.) (3) Mix cream cheese, sugar and 2 eggs and spread over cake mixture. (4) Bake in 350 degree oven 30 minutes. (5) When cool, cut into squares. (May have to refrigerate to get cool enough to cut evenly.) (Suitable for freezing.) (All students love the above recipe and ask for more each time it is baked.)

— Vivian P. Mason, Lee High School, Huntsville

Desserts

FROZEN DESSERTS

CHOCOLATE ICE CREAM

Number of Servings — Makes 1 Gallon

5 eggs
2 c. granulated sugar
1 t. vanilla
3 lge. cans evaporated milk
16-oz. can chocolate syrup
milk (quantity as needed)

(1) Beat eggs until light and fluffy. (2) Stir in sugar, vanilla, evaporated milk and chocolate syrup. (3) Pour in 1 gallon freezer can and fill to within 3 inches of top of can with milk. (4) Freeze. (5) Let ripen (preferably at least 2 hours).

— Clara Pittman, Florala High School

HOMEMADE ICE CREAM

Number of Servings — 1 gallon

4 eggs (well beaten)
2 c. sugar
1 pt. whipping cream
1 pt. half and half
2 t. vanilla
½ t. salt
milk (enough to make a gallon)
2 c. fruit, mashed (optional)

(1) Beat eggs and sugar together. (2) Add the cream, half and half, vanilla and salt. Mix well. (3) Add enough milk to fill the ice cream container 2/3 full. (4) Freeze in dasher-type freezer according to directions. *Note:* You may add your favorite sweetened fruit, crushed, after you have placed the creams and flavorings in the freezer container.

— Pearl Smith, Union Street Area Vocational Center, Montgomery

TUTTI—FRUTTI ICE CREAM

Number of Servings — 15

3 bananas, mashed
juice of 3 oranges
juice of 3 lemons
1 sm. can crushed pineapple
3 c. sugar
3 c. evaporated milk
3 c. whole fresh milk
½ c. cherries, chopped
few drops red food coloring (optional)

(1) Mix all ingredients together, pour into freezer can. (2) Pack ice and salt around can according to directions on your freezer. (3) Freeze. (May be placed in deep freeze or refrigerator freezer for several weeks without affecting flavor or becoming too hard to dip from container.)

— Corene H. York, Baker High School, Mobile

VANILLA ICE CREAM — CUSTARD BASE

Number of Servings — 16

2¼ c. sugar
6 T. flour
½ t. salt
5 c. milk, scalded
6 eggs, beaten
4 c. cream
4½ t. vanilla

(1) Combine sugar, flour and salt in saucepan. (2) Slowly stir in hot milk. (3) Cook over low heat for about 10 minutes, stirring constantly until mixture thickens. (4) Mix small amount of hot mixture into beaten eggs. (5) Add to hot mixture and cook 1 minute longer. (6) Chill in refrigerator. (7) Add cream and vanilla. (8) Pour into gallon freezer and freeze as directed.

— Doris J. Crook, Monroe County High School, Monroeville

ICE CREAM DESSERT

Number of Servings — 9

1 lge. box (4 c. crumbs) vanilla wafers, crushed
¾ c. butter, melted
1 c. pecans, chopped
1 qt. ice cream, softened
1 c. sugar
3 T. flour
3 T. cocoa
1 c. milk

(1) Combine crumbs, butter and pecans. (2) Place layer of crumbs (1/2 of mixture) in 9'' square pan, add layer of softened ice cream and another layer of crumbs. (3) Freeze. (4) Cut in 2-inch squares to serve. (5) Cook sugar, flour, cocoa and milk until thick. (6) Pour over ice cream while warm. (Set out a few minutes before serving to soften for cutting.)

— Cathy Huffstutler, Moody High School, Pell City

LINDA'S LOTUS CREAM

Number of Servings — 18-20

4 lemons
3 c. sugar
1 qt. half-and-half cream
1 qt. whole milk

(1) Chill half-and-half and whole milk thoroughly. (2) Slice two lemons tissue-paper thin. (3) Add juice of 2 lemons and rind of 1 grated. (4) Sprinkle sugar over the mixture and let stand at least 1/2 hour. (5) Stir the lemon mixture into whole and half-and-half milk until all sugar is dissolved. (6) Freeze in hand or electric ice cream freezer. (Makes nearly a gallon.)

— Linda Faye Turner, Tom Orr Area Vocational Center, Butler

OREO DELIGHT

Number of Servings — 12

½ gal. vanilla ice cream
24 oreo cookies
1 lge. carton Cool Whip
1 c. pecans, chopped

(1) Soften ice cream. (2) Crush cookies into crumbs. (3) Mix all ingredients together and spread into a 9-inch square tupperware container. (4) Seal with lid and freeze. (5) Cut into squares and serve.

— Verna White, Lexington High School

PINK VELVET DELIGHT

Number of Servings — 12-15

2 c. sour cream
¾ c. sugar
1 T. + 1 t. lemon juice
30-oz. can fruit cocktail
1 c. English walnuts, broken
¾ c. maraschino cherries, cut into thirds
12-15 stemmed maraschino cherries
Romaine lettuce, if desired

(1) Mix sour cream, sugar, and lemon juice. (2) Add fruit cocktail, walnuts, cherries and cherry juice. (3) Pour into 9'' x 13'' pyrex dish and freeze. If sealed properly this salad will keep indefinitely. (4) When ready to serve, cut into squares and place on Romaine lettuce leaves, each square garnished with a maraschino cherry. (Suitable for freezing.)

— Marsha Johnson, Pinson Valley High School, Birmingham

LEMON MOUSSE

Number of Servings — 12-16

13-oz. can evaporated milk, chilled
3 lemons and rind
1 c. sugar
5 graham crackers

(1) Chill milk until icy (over night). (2) Crumble crackers and sprinkle in bottom of a 10'' x 14'' dish. (3) Beat milk until stiff; add sugar. (4) Grate rind of lemons, then squeeze. (5) Add lemon rind and juice to milk mixture. (6) Pour milk mixture over cracker crumbs. Freeze.

— Donzella S. Bobo, Plainview High School, Rainsville

REFRIGERATOR DESSERTS

BLUEBERRY BREEZE

Number of Servings — 8

1 c. vanilla wafer crumbs
⅓ c. margarine or butter, melted
8-oz. cream cheese, softened
1 can Eagle Brand milk
½ c. lemon juice
1 t. vanilla
1-lb. 5-oz. can blueberry pie filling, chilled

(1) Mix vanilla wafer crumbs and margarine or butter thoroughly in 9-inch pie pan. Press firmly and evenly over bottom and sides of pan to form crust. Chill. (2) Beat the cream cheese until light and fluffy. (3) Add condensed milk. Blend thoroughly. (4) Stir in lemon juice and vanilla. (5) Pour into crust. Refrigerate 2-3 hours, or until firm. (6) Top with blueberry pie-filling before serving. (Also delicious with cherry, apple or lemon pie-filling.)

— Emogene S. Simmons, Carrollton High School

"QUICKY" REFRIGERATOR FRUIT CAKE

Number of Servings — 36

1 lb. box graham crackers or crumbs
1 can Eagle Brand milk
2 c. chopped pecans
1 pkg. miniature marshmallows
1 can flaked coconut
1 lge. bottle maraschino cherries plus juice

(1) Crush crackers until fine or use box of crumbs. (2) In large bowl, combine all above ingredients. Mix well. (3) Shape into 3 loaves on aluminum foil. Wrap and refrigerate at least overnight before serving. (4) Slice to serve. (Suitable for freezing.)

— Charlotte B. Tabereaux, Deshler High School, Tuscumbia

MOCHA CAKE

Number of Servings — 9

1 T. coffee, instant
1 T. brandy
1 t. vanilla
12-oz. pkg. chocolate chips
7 eggs
1 box chocolate cookies
½ pt. whipping cream

(1) Dissolve instant coffee in small amount of water, add brandy and vanilla. (2) Melt chocolate chips over warm water, then beat in egg yolks and add coffee mixture. Cool 10 minutes. (3) Beat egg whites untill stiff. Add to chocolate mixture. (4) Spread layer of chocolate cookie crumbs in 9'' x 9'' pan. (5) Top with chocolate mixture and repeat, ending with crumbs. (6) Freeze about 2 hours. (7) Top with whipped cream and refrigerate 24 hours. (Suitable for freezing.)

— Louise Yeargain, Andalusia High School

PEACH DELIGHT

Number of Servings — 8-10

1 lge. pkg. peach gelatin
1 c. boiling water
1 c. cold water
1 med. can pineapple, drained
1 can peach pie filling
8-oz. pkg. cream cheese
1 c. sour cream
½ c. sugar
nuts, optional

(1) Dissolve gelatin in hot water. Add cold water. (2) Stir in pineapple and pie filling. Mix well. (3) Allow to congeal. (4) Mix by hand cream cheese, sour cream and sugar. Spread over top of gelatin. Sprinkle nuts on top. (Can be used as a salad or a dessert.)

— *Mavinee Thames, Coffee Springs High School*

PINEAPPLE DELIGHT

Number of Servings — 8

8-oz. pkg. cream cheese
¼ lb. margarine
1 c. sugar
1 pkg. lemon gelatin
1 c. hot water
1 c. crushed pineapple, drained
1 lge. carton Cool Whip
1 c. graham crackers, crushed

(1) Cream the cheese, margarine, and sugar. (2) Dissolve lemon gelatin in hot water and add to creamed mixture. (3) Add pineapple, fold in Cool Whip. (4) Line a 13'' x 9'' pan with crushed graham crackers. (5) Pour filling on top and sprinkle top with graham cracker crumbs. (6) Put in freezer until hard; then it can be stored in the refrigerator.

— *Linda Baggett, Lexington High School*

STRAWBERRY DELIGHT

Number of Servings — 15

9-oz. angel food cake
8-oz. pkg. cream cheese
1 c. whole milk
1 can strawberry pie filling
9-oz. carton Cool Whip

(1) Crumble cake into glass serving bowl or pyrex dish. (2) Blend softened cream cheese and milk. A blender makes this step much easier. (3) Pour cheese and milk mixture over crumbled cake and allow to stand 1½ to 2 hours. (4) Spread chilled can of strawberry pie filling over cake mixture. (5) Top with Cool Whip and refrigerate until served.

— *Rae M. Boswell, Thomasville High School*

STRAWBERRY DELIGHT

Number of Servings — 18

4½ c. Angel Food cake, cubed
1 c. cold milk
3¼ oz. pkg. vanilla instant pudding
1 pt. vanilla ice cream, slightly softened
1½ c. boiling water
3-oz. pkg. strawberry gelatin
10-oz. pkg. frozen strawberries, thawed

(1) Place cake cubes in a 13'' x 9'' casserole. (2) Mix cold milk with vanilla instant pudding in small bowl; blend on low speed until well mixed. (3) Stir in softened vanilla ice cream and beat until well blended. (4) Pour mixture over cake cubes and chill until firm. (5) Combine boiling water with strawberry gelatin in another bowl; stir until dissolved;

add frozen strawberries, blend well, and chill until slightly thickened; pour over pudding mixture. Do not stir. (6) Chill until firm or overnight. (Serve plain or with whipped cream topped with strawberries.)

— *Lela H. Willis, Choctaw County High School, Butler*

HEAVENLY RICE DESSERT

3 c. rice
1 bottle maraschino cherries
sugar to taste
1 t. vanilla
1 lge. can crushed pineapple
1 c. marshmallows, chopped
1 c. whipped cream

(1) Cook rice, let cool. (2) Drain cherries and pineapple and add to rice. (3) Add sugar and rest of ingredients. (4) Place in mold and chill well.

— *Virginia S. McEwen, Coosa County Area Vocational Center, Rockford*

ICE CREAM DESSERT

Number of Servings — 20

1 stick margarine, softened
1 sm. box Ritz crackers, crushed
1½ c. cold milk
2 3-oz. pkg. vanilla instant pudding mix
½ gal. vanilla ice cream, softened
½ c. pecans, chopped
1 lge. carton Cool Whip

(1) Blend margarine and cracker crumbs. (2) Put in long casserole dish, reserving 1 cup crumb mixture. (3) Mix milk and pudding together; add to soft ice cream. (4) Add nuts, stir until smooth. (5) Pour over cracker mixture. (6) Spread Cool Whip on top. (7) Sprinkle Cool Whip with cup of cracker crumb mixture. (8) Chill in refrigerator over night. (For variation, use chocolate pudding mix.)

— *Barbara D. Ayers, Phil Campbell High School*

INSTANT BERRY ICE CREAM

Number of Servings — 8

1 c. whipping cream
⅓ c. sugar
1 lb. frozen berries, unsweetened (strawberries, blackberries, blueberries, cherries)

(1) Place cream and sugar in food processor with steel knife and blend until thickened. (2) Add frozen fruit a few pieces at a time and blend until smooth. (Serve immediately since it is best prepared just before serving.)

— *Carolyn Zeanah, Opelika High School*

DAFFODIL ANGEL LOAF

Number of Servings — 16 slices

1 c. whipping cream
1⅓ c. sugar
⅔ t. lemon flavoring
1 pkg. lemon instant pudding mix
¾ c. milk
¼ c. sugar
3 t. fresh lemon juice
2 Angel food loaves
Thin lemon slices (garnish)

(1) Whip cream until stiff. (2) Add 1⅓ cup sugar and lemon flavoring, blending well. (3) Set in refrigerator to keep cold. (4) Combine pudding mix with milk. (5) Fold whipped cream into pudding mix. (6) Add 1/4 cup sugar and lemon juice. (7) Slice Angel food loaves in half lengthwise. (8) Spread mixture in between layers, tops, then sides of loaves. (9) Garnish with twisted lemon slices. (10) Chill in refrigerator several hours before serving.

— Marsha Johnson, Pinson Valley High School, Birmingham

PEACH MOUSSE

Number of Servings — 6-8

1 can soft peaches
1 pkg. cherry Jell-O
1 envelope plain gelatin
½ c. wine
½ pt. whipping cream
2 T. sugar

(1) Drain juice from peaches, heat juice and dissolve cherry Jell-O in it. (2) Soften the plain gelatin in 1/2 cup wine. (3) Combine the Jell-O mixture and the gelatin mixture. (4) Add the peaches which have been cut up fine or mashed. (5) Let cool. (6) Whip cream with sugar and fold into cooled mixture. (7) Refrigerate at least two hours before serving.

— Vonda L. Ball, Auburn Junior High School

LUSCIOUS CHERRY PIE

Number of Servings — 8

8-oz. pkg. cream cheese
1 c. confectioners' sugar
2 T. milk
1 pie shell, baked
1 sm. tub Cool Whip
½ c. pecans, chopped
1 can cherry pie filling

(1) Mix cream cheese, sugar, and milk together thoroughly. (2) Pour into bottom of baked pie shell. (3) Top with layer of Cool Whip. (4) Sprinkle nuts on top. (5) Top with cherry pie filling. (6) Refrigerate. (Blueberry or strawberry pie filling can be substituted for cherry.) (Suitable for freezing.)

— Gail Brunner, McAdory High School, McCalla

FRENCH PUDDING

Number of Servings — 8

¾ c. butter
2¼ c. confectioners' sugar
3 eggs
¾ lb. vanilla wafers
1½ pkg. frozen strawberries, drained slightly
1½ c. pecans, chopped
1 pt. whipping cream

(1) Cream butter and sugar. (2) Add beaten eggs. (3) Roll wafers to make crumbs; grease two 10" x 6" pyrex or loaf pans before lining with a layer of wafer crumbs. (4) Add a layer of batter mixture. (5) Add layer of crushed fruit, nuts and a layer of whipped cream. (6) Repeat layers. (7) Use some of the whipped cream for top and sprinkle with nuts. Chill.

— Janice H. Bell, Morgan County High School, Hartselle

MISCELLANEOUS DESSERTS

PINEAPPLE-CHEESE BAKE

Number of Servings — 6-8

20-oz. can pineapple chunks
8-oz. can crushed pineapple
1 egg
½ c. miniature marshmallows
⅓ c. sugar
3 T. all-purpose flour
1½ c. Cheddar cheese, shredded

(1) Drain pineapple, reserving juice; set aside. (2) Combine egg and sugar in a saucepan, beating until foamy. (3) Add flour and pineapple juice, stirring until smooth. (4) Cook over low heat until thickened, stirring constantly. (5) Remove from heat, and stir in cheese and pineapple. (6) Pour into a greased 2-quart casserole. (7) Top with marshmallows. (8) Bake at 350 degrees for 20 minutes. (9) Cool slightly.

— Brenda Yates, Former Secretary, Vocational Home Economics Office, State Department of Education, Montgomery

RO'S SURPRISE BARS

Number of Servings — 20

1 box Butter Recipe Cake Mix
1 egg
1 stick margarine, melted
8-oz. cream cheese
1 box confectioners' sugar
2 eggs
1 t. vanilla
¼ t. salt

(1) Blend cake mix, one egg and melted margarine well with mixer. Mixture will be stiff. (2) Spread into a greased and floured 9" x 13" pan. (3) Blend cream cheese, confectioners' sugar, 2 eggs, vanilla and salt until smooth. (4) Pour over first mixture. (5) Bake one hour at 325 degrees. (Best if it sets overnight before slicing.)

— Joyce Jones, Southside High School, Gadsden

APPLE BETTY

Number of Servings — 6

2 c. apples
½ c. sugar
1 t. cinnamon
¾ c. oatmeal, quick-cooking
¾ c. self-rising flour
¾ c. brown sugar
½ c. butter, melted

(1) Mix apples, sugar, and cinnamon and place in a greased casserole dish. (2) Combine oats, flour, brown sugar, and butter. Crumble over apples. (3) Bake at 350 degrees approximately 30-45 minutes.

— Linda Mayo, Cullman High School

CHEESE CAKE

Number of Servings — Approximately 15

CRUST

25-35 double graham crackers, crushed
1 stick margarine, melted
1 T. granulated or powdered sugar

(1) Mix cracker crumbs with margarine and sugar. (2) Line a 9'' x 13'' pan with mixture, reserving some for the top.

FILLING

6-8 oz. cream cheese
1 c. sugar
1 t. vanilla
1 pkg. lemon gelatin
1 c. boiling water
1 lge. can evaporated milk, chilled
Grated rind and juice of 1 lemon (optional)

(1) Blend cream cheese with sugar and vanilla. (2) Mix gelatin and hot water and add while hot to cream cheese mixture. (3) Whip milk to peaks. (4) Add cheese mixture, lemon rind, and juice, mixing well. (5) Pour into crust and sprinkle with reserved crumbs. (6) Chill thoroughly.

— Betty K. Mosley, Jackson High School

CHEESECAKE/SOUR CREAM TOPPING

Number of Servings — 8

24 oz. cream cheese
5 eggs
1 c. sugar
¼ t. salt
¾ t. almond extract
1½ c. sour cream
½ t. vanilla
2 T. sugar
1½ c. graham cracker crumbs
1 stick butter for cracker crumb crust

(1) Beat cream cheese in electric mixer or with wooden spoon until softened. (2) Add eggs, beat. (3) Add sugar gradually, beating. (4) Add almond extract. Blend. (5) Beat mixture until smooth, thick and lemon

colored. (6) Roll cracker crumbs and measure 1½ cup. Pour melted butter over crumbs, mix well and pack evenly in pie pan. (1/4 cup sugar may be mixed with the graham cracker crumbs and butter if desired.) (7) Pour cream cheese mixture in graham cracker lined pan. (8) Bake at 325 degrees for 45-50 minutes or until "set." (9) Remove from oven. Cool (20-25 minutes). (1) Mix sour cream, 2 tablespoon sugar and vanilla. (11) Pour mixture over cake. Place in oven at 325 degrees for 10 minutes. Cool and chill. (For variations — you may serve cherry or strawberry glazes or topping.)

— Robbye P. Sullivan, East Perry High School, Selma

INDIVIDUAL CHEESECAKES

Number of Servings — 48

2 8-oz. pkg. cream cheese
3 eggs, separated
¾ c. sugar
butter (to grease pans)
½ box graham cracker crumbs
¾ c. sour cream
2 T. sugar
½ t. vanilla

(1) Beat together cream cheese, egg yolks and sugar in mixer until light and fluffy. (2) Beat the egg whites and fold into cheese mixture. (3) Butter small (bite-size) muffin pans generously. (4) Put one tablespoon graham cracker crumbs in each muffin cup and shake until sides and bottom are well coated, then empty out excess crumbs. (5) Fill each cup almost full with cream cheese mixture. (6) Bake at 350 degrees for 15-20 minutes. (7) Remove from oven and cool. (8) Fill indented places with 1/2 teaspoon topping made by combining sour cream, 2 tablespoons sugar and vanilla. (Suitable for freezing.)

— Sylvia B. Terrell, Enterprise High School

MINI CHEESECAKES

Number of Servings — 24

3 8-oz. pkg. cream cheese
5 eggs
1 c. sugar
1½ t. vanilla
1 sm. container Cool Whip
12 maraschino cherries, halved

(1) Soften cream cheese in large mixing bowl. (2) Beat eggs until foamy in blender. (3) Add sugar and vanilla to blender and beat until dissolved. (4) Add slowly to cream cheese, beating with mixer until smooth. (5) Place in 24 paper lined muffin tins. (6) Bake at 300 degrees for 20 minutes. (7) Cool and garnish with Cool Whip and cherry half.

— Patsy S. Coble, Arab High School

APPLE CRISP

Number of Servings — 24

1 box yellow cake mix
2 sticks butter
1 c. pecans, chopped
1 can apple pie filling
½ c. sugar
1 t. cinnamon
1 egg
1 container sour cream

(1) Blend cake mix and butter together; add chopped nuts. (2) Put in 9'' x 13'' pan. (3) Bake in 350 degree oven for 10 minutes; then spread apple pie filling on the top of this crust. (4) Sprinkle sugar and cinnamon over apples. (5) Beat egg well and mix into sour cream, then spread on the top of apples. (6) Bake in 350 degree oven for 25 minutes.

— Inez M. Collins, Robertsdale Area Vocational Center

GROOVY BUTTER CAKE

Number of Servings — 15-20

1 yellow cake mix
1 egg
1 stick butter
2 eggs
1 stick butter
8-oz. pkg. cream cheese
1 lb. box confectioners' sugar
1 c. pecans, chopped

(1) Mix first three ingredients and press into 9'' x 13'' pan. (2) Beat eggs, butter, cream cheese and confectioners' sugar. (3) Spread on top of crust and sprinkle with pecans. Bake at 350 degrees for 40-45 minutes.

— Charline Webb, Blount County Area Vocational Center, Cleveland

DEBBIE'S DELIGHT CHERRY CAKE

Number of Servings — 24

1 can Lucky Leaf cherry pie filling
20-oz. can crushed pineapple
18-oz. box Duncan Hines yellow cake mix
2 sticks margarine, cut in
1 c. pecans, chopped
1 c. coconut

(1) In a 13'' x 9'' x 2'' (34 x 22 x 4 cm) glass baking dish, place ingredients in layers in order listed. (2) Bake at 350 degrees for 30 minutes or until golden brown. (Cut into small rectangles.)

— Melba M. Sanders, Pike County High School, Brundidge

STRAWBERRY-BANANA COBBLER

(MICROWAVE)

Number of Servings — 10

3 firm bananas
21-oz. can strawberry pie filling
1 T. lemon juice
½ t. vanilla
9 coconut bar cookies, crumbled
¼ c. pecans, chopped
vanilla ice cream

(1) Peel and slice bananas, place in 10'' x 6'' x 2'' glass baking dish. (2) Mix pie filling, lemon juice and vanilla; spoon over bananas. (3) Micro-cook, uncovered 6 minutes, turning dish every 2 minutes. (4) Mix cookies and pecans, sprinkle over fruit. (5) Cook, uncovered, 1 minute. (6) Serve warm with ice cream.

— Barbara D. Ayers, Phil Campbell High School

FRESH PEACH CRISP

Number of Servings — 6

½ c. quick-cooking rolled oats
½ c. brown sugar, packed
¼ c. all-purpose flour
½ t. ground cinnamon
dash salt
¼ c. butter or margarine
5 c. peaches, sliced
vanilla ice cream, light cream, or whipped cream

(1) In mixing bowl combine oats, brown sugar, flour, cinnamon, and salt. (2) Cut in butter or margarine until mixture is crumbly. (Pieces of butter should be the size of coarse crumbs.) Set aside. (3) Peel, half, pit and slice peaches; measure 5 cups. (4) Place fruit in a 10'' x 6'' x 2'' baking dish. (5) Sprinkle the flour mixture over fruit. (6) Bake in 350 degree oven for about 40 minutes or until tests done with a fork. (Serve warm with ice cream, light cream, or whipped cream.)

— Dorothy Allen, Clarke County High School, Grove Hill

APPLE NUT DESSERT

Number of Servings — 9

1 c. sugar
¾ c. all-purpose flour, sifted
2 t. baking powder
1 T. shortening
½ c. milk
1 t. vanilla
½ c. nuts, chopped
3 c. apples, cut up and peeled
2 T. brown sugar
⅓ c. flour
2 T. butter or margarine, soft

(1) Preheat oven to 400 degrees. (2) Mix with a fork in a bowl sugar, flour, baking powder and shortening. (3) Stir milk and vanilla into this mixture until well mixed. (4) Add nuts and apples and stir until coated with the batter. (5) Spread in a greased 9'' square pan. (6) In another bowl, mix with a fork until crumbly, the brown sugar, flour and margarine and sprinkle over apple mixture. (7) Bake 30 to 35 minutes, or until top is golden brown. (Serve warm with ice cream if desired.)

— Sandra Gaines, Cleburne County Area Vocational School, Heflin

BLUEBERRY DESSERT

Number of Servings — 24

2 c. enriched flour
1½ c. nuts, chopped
1 stick margarine
2 8-oz. pkg. cream cheese
2 c. sugar
2 pkg. Dream Whip
1 can blueberry pie filling

(1) Mix with fork flour, pecans and margarine until crumbly and pat into 9'' by 13'' baking dish. (2) Bake at 350 degrees for 20 minutes then cool. (3) Cream together cream cheese and sugar. (4) Mix Dream Whip as directed on package and pour into cheese mixture. (5) Pour this mixture over cooled crust and chill two hours. (6) Just before serving top with 1 can chilled blueberry pie filling. (7) Cut in squares and serve. (This is a very rich dish.)

— Carolyn Hubbard, Bibb County High School, Centreville

EASY CHOCOLATE DESSERT

Number of Servings — 15

9-oz. pkg. chocolate cake mix
8-oz. pkg. cream cheese, softened
2 c. milk, divided
4-oz. pkg. instant chocolate pudding mix
8-oz. carton whipping cream
2 to 4 T. sugar
½ t. vanilla
2 to 4 T. slivered almonds, toasted

(1) Prepare cake mix according to package directions; pour into a greased and floured 13'' x 9'' x 2'' baking pan. (2) Bake at 350 degrees for 15 minutes or until cake tests done. (3) Cool in pan. (4) Place cream cheese in a large mixing bowl; gradually add 1 cup milk, beating constantly. (5) Add pudding mix and remaining 1 cup milk; beat until smooth and thickened. (6) Spread evenly on cake and set aside. (7) Combine whipping cream, sugar, and vanilla; beat until stiff peaks form. (8) Spread over pudding layer, and sprinkle almonds evenly on top. (9) Chill.

— Barbara L. Williams, Springville High School

GERMAN CHOCOLATE BROWNIE DESSERT

(Microwave)

½ c. margarine
½ c. brown sugar
⅔ c. flaked coconut
⅔ c. pecans, chopped
3½-oz. pkg. instant vanilla pudding
⅓ c. evaporated milk
1 box brownie mix
1 egg
¼ c. cold water
15-oz. pkg. fudge
½ c. sour cream

(1) *Topping:* Melt butter in 8'' square dish 45 seconds. (2) Sprinkle brown sugar over butter. (3) Sprinkle pecans and coconut over sugar. (4) Sprinkle 1/4 cup of dry pudding mix and pour milk evenly over all. (5) *Cake:* Combine brownie mix, egg, water, sour cream and remaining pudding mix. (6) Stir about 50 strokes (batter will be stiff and lumpy). (7) Carefully spoon over topping in dish, spreading to cover. Bake in Microwave until toothpick comes out clean (11 minutes). (8) Turn dish a quarter turn 3 minutes. Cool in pan 5 minutes, loosen edges, then invert onto serving dish.

— *Bobbie Greenwood, Georgia Washington Jr. High School, Mount Meigs*

THREE LAYER FRUIT DESSERT

Number of Servings — 18-24

CRUST

2 c. flour
½ c. brown sugar
1 c. margarine
½ c. pecans, chopped

CREAM LAYER

8-oz. pkg. cream cheese
1 c. confectioners' sugar
1 lge. container Cool Whip

FRUIT LAYER

1 can of cherry or blueberry pie filling

(1) Mix flour, brown sugar, margarine and nuts until fine particles and pat in bottom of 9'' x 13'' pan. (2) Bake at 400 degrees for 15 minutes, then cool. (3) Blend cream cheese and sugar, then combine with Cool Whip. (4) Spread mixture over cool crust. (5) Spread pie filling over cream layer. (6) Store in refrigerator.

— *June Bailey, Former Teacher, Baldwin County High School, May Minette*

CHERRY DELIGHT

Number of Servings — 20

1 c. butter
2 c. plain flour
1 c. pecans, chopped
1 lb. box confectioners' sugar
8 oz. cream cheese
13½ oz. Cool Whip
1 can cherry pie filling

(1) Melt butter in saucepan on stove or in microwave oven in a 12'' x 8'' x 2½'' glass baking dish. (2) Combine flour and pecans and add to butter. (3) Press into thin layer that covers bottom and sides of glass baking dish. (4) Bake at 350 degrees for 30 minutes or until light brown. Cool crust. (5) Mix sugar, cream cheese and Cool Whip and spread over cool crust. (6) Spread cherry pie filling over top. (7) Refrigerate. (Suitable for freezing.)

— *Maxine H. Butler, Fayette County High School*

CAKE DOUGHNUTS

Number of Servings — 2½ Dozen

4 c. all-purpose flour
4 t. baking powder
¾ t. salt
¼ t. soda
2 eggs, beaten
1 c. sugar
¼ c. salad oil
1 t. vanilla
1 c. buttermilk

(1) Stir flour, baking powder, salt and soda together. (2) Beat eggs and sugar together until lemon colored. (3) Stir in oil and vanilla. (4) Add dry ingredients and buttermilk alternately to egg mixture, beginning and ending with dry ingredients. Beat after each addition. (5) Roll dough out on lightly floured board into 1/2-inch thickness. Cut with floured doughnut cutter. (6) Fry in deep hot fat for 1½ minutes on each side. Drain on paper towel. Dust with confectioners' sugar or glaze.

— Carol Weaver, Ashville High School

BLUEBERRY AND PRETZEL PIE

Number of Servings — 6-8

1⅓ c. pretzels, crushed
1 stick + 2 T. margarine
⅓ c. sugar
8-oz. pkg. cream cheese
lge. carton Cool Whip
¼ c. powdered sugar
1 can blueberry pie filling

(1) Layer crushed pretzels in pan. (2) Melt butter and sugar together. Drizzle on pretzels and press into the bottom and sides of the pan. (3) Bake at 325 degrees for 10 minutes. (4) Mix cream cheese, Cool Whip and powdered sugar. (5) Pour into pretzel crust. Pour pie filling on top (cherry, peach, strawberry filling may be used.) (6) Chill and serve.

— Ima Jenkins, Huntsville High School

DIVINITY NUT PIE

Number of Servings — 6

3 egg whites
1 c. sugar
1 t. vanilla
23 saltine crackers
1 c. pecans
TOPPING:
1 c. Cool Whip
⅔ c. coconut

(1) Beat egg whites until foamy. Gradually add sugar and vanilla. (2) Roll crackers until fine. (3) Fold cracker crumbs and nuts into egg mixture. (4) Put into a buttered 9-inch pie plate and bake at 350 degrees for 30 minutes. (5) Remove from oven and cool. (6) Spread Cool Whip on pie and sprinkle with coconut. Makes its own crust.

— Ruth K. Walker, Opp High School

FUDGE PIE

Number of Servings — 6

2 T. cocoa
4 T. butter
1 c. sugar
2 eggs, beaten
¼ t. salt
1 t. vanilla
½ c. flour
1 c. pecans, chopped

(1) Melt butter on low heat; add remaining ingredients and blend. (2) Pour into 8" pie pan that has been greased and lined. (3) Bake 350 degrees for 25 minutes. (4) Cool slightly, remove paper lining. (Serve with vanilla ice cream or whipping cream.) (Suitable for freezing.)

— Glendis Hutchins, Boaz High School

STRAWBERRY PIZZA

Number of Servings — 15

1½ c. flour
¼ c. brown sugar
1 c. margarine, melted
1 c. pecans, chopped
8-oz. pkg. cream cheese
2 c. confectioners' sugar
1 lge. Cool Whip
or
2 envelopes Dream Whip
1 can strawberry pie filling

(1) Sift flour. (2) Mix in brown sugar. (3) Add melted margarine and pecans. (4) Press into 9 " x 13" pan. (5) Bake 12 minutes at 400 degrees. (6) Let crust cool. (7) Cream together cream cheese and confectioners' sugar. (8) Fold in Cool Whip. (9) Spread over cool crust. (10) Top with strawberry pie filling. (11) Refrigerate until ready to serve.

— Patricia G. Murphree, J.P. Eden Area Vocational Center, Ashville

BAKED CHOCOLATE PUDDING

Number of Servings — 8

1 c. all-purpose flour, sifted
¾ t. salt
2 t. baking powder
2 T. cocoa
3 T. oil
¾ c. sugar
½ c. milk
1 t. vanilla
COCOA MIX:
½ c. sugar
½ c. brown sugar (light or dark)
6 T. cocoa

(1) Mix the first 8 ingredients thoroughly. (2) Pour into a greased 9" x 9" baking dish. (3) Cover with *Cocoa Mix.* (4) Pour 1 cup hot water over the batter and bake at 350 degrees for 40 minutes. (Serve warm with vanilla ice cream or Cool Whip.)

— Margaret R. Kramer, Lanett High School

CHOCOLATE CASSEROLE PUDDING

Number of Servings — 5

6 T. margarine
6 T. sugar
3 egg yolks
¾ c. all-purpose flour, sifted with
1 t. double-acting baking powder
1¼ c. milk, generous
3 egg whites

(1) Cream the margarine and sugar until soft and light. (2) Gradually beat in egg yolks, then fold in sifted flour, unsweetened cocoa, and the milk. (You may find the mixture curdles, but this is quite in order.) (3) Lastly fold in the stiffly whipped egg whites. (4) Put into the greased casserole and place in a pan of water. (5) This pudding will separate during cooking and give you a very light fluffy texture on top with a more moist sauce-like texture underneath. (If you want a slightly crisp topping, do not cover the casserole. If you wish the topping to be soft, put a lid or foil on the casserole.) (6) Bake for 45 minutes in a 350-375 degree oven.

— Corrine B. Small, Pine Hill Middle School

LEMON CAKE PUDDING

Number of Servings — 6

¼ c. sifted flour
1 c. sugar
¼ t. salt
1½ t. lemon rind, grated
¼ c. lemon juice
2 egg yolks, well beaten
2 T. melted butter
1 c. milk
2 egg whites, stiffly beaten

(1) Sift together into mixing bowl flour, sugar and salt. (2) Stir in grated lemon rind; lemon juice; egg yolks, well beaten; melted butter and milk; blend well. (3) Beat egg whites until stiff. (4) Fold into mixture well. (5) Pour into 1-quart baking dish. (6) Set in pan of hot water (one inch deep). (7) Bake 50 minutes in a moderate oven, 350 degrees. (Serve warm or cold, with or without whipped cream. Delicate cake and refreshing lemon sauce in one pudding.)

— Annie P. Wright, Anniston High School

BLACKBERRY ROLL

Number of Servings — 6-8

2 c. self-rising flour
4 T. shortening
1 c. Cheddar cheese, grated
⅓ c. milk
2½ c. blackberries
½ c. sugar
⅓ c. brown sugar

(1) Cut shortening into flour with a pastry blender. (2) Mix in cheese. (3) Add milk and blend with a fork. (4) Roll the dough to a rectangle 1/3 inch thick. (5) Mix together the sugars and berries. (6) Spread over dough. (7) Roll up like a jelly roll and bake at 350 degrees for 45 minutes or until golden. (8) Top with sour cream or ice cream.

— Alice Lawler, Davis Hills Middle School, Huntsville

PUMPKIN ROLL

Number of Servings — 12

3 eggs
1 c. sugar
⅔ c. pumpkin
1 T. lemon juice
¾ c. flour
1 t. baking powder
½ t. salt
1 t. nutmeg
1 t. ginger
2 t. cinnamon
1 c. nuts, chopped
confectioners' sugar

(1) Beat eggs, add sugar, pumpkin and lemon juice. (2) Sift dry ingredients together and add to egg mixture. (3) Mix until well blended. (4) Pour into a 15'' x 10'' x 1'' pan and top with chopped nuts. (5) Bake at 375 degrees for 15 minutes. (6) Turn out on towel sprinkled with confectioners' sugar. (7) Roll up like a jelly roll and let cool. (8) Unroll and spread with the following filling.

FILLING

8-oz. cream cheese
¼ c. butter
1 c. confectioners' sugar
½ t. vanilla

(1) Mix together and spread on pumpkin roll. (2) Re-roll, chill and slice. (Suitable for freezing.)

— Verna White, Lexington High School

APPLE-DATE SQUARES

Number of Servings — 12

½ c. shortening
¾ c. sugar
1 egg
1½ c. all-purpose flour
¼ t. salt
2 c. apples, chopped
8-oz. pkg. dates, chopped
¼ c. brown sugar
1 t. cinnamon
½ c. nuts, chopped
1 t. soda

(1) Cream together shortening and sugar. (2) Add egg and beat well. (3) Sift together flour, soda, and salt. Add to creamed mixture and blend. (4) Stir in fruits; spread in a greased 11'' x 7'' x 1½'' baking dish. (5) Combine brown sugar, cinnamon, and nuts. (6) Sprinkle over apple mixture. (7) Bake at 350 degrees for 30-35 minutes.

— Kathy Erwin, Pell City High School

HOLY SMOKE

Number of Servings — 12

¾ c. pecans, chopped
1½ c. sifted flour
1½ sticks margarine, softened
8-oz. pkg. cream cheese
1 c. confectioners' sugar
1 c. Cool Whip
1 c. sugar
2 T. flour
1 T. cornstarch
3 egg yolks
2 c. milk
¼ stick margarine
1 t. vanilla
1 sq. baking chocolate
1 med. Cool Whip

(1) Combine first three ingredients and mix well. Spread in 9" x 13" greased dish and bake at 350 degrees for 20 minutes, cool. (2) Combine next three ingredients and mix well and spread over first layer. (3) Combine sugar, flour and cornstarch in top of double boiler. (4) Beat egg yolks and add to milk; add this to mixture in double boiler and cook over boiling water, stirring constantly, until thickened. Remove from heat. (5) Add vanilla, oleo and chocolate; cool and spread over second layer, let set. (6) Spread a carton of Cool Whip over third layer. (Refrigerate or freeze.)

— Betty Hamner, Eastwood Jr. High School, Tuscaloosa

LEMON TORTE

Number of Servings — 16-20

1 stick margarine
1 c. plain flour
1 c. pecans, chopped
8-oz. pkg. cream cheese
1 can sweetened condensed milk
⅓ c. lemon juice
2 sm. pkg. instant lemon pudding
2½ c. cold milk
2-3 drops yellow food coloring
9-oz. carton Cool Whip, thawed

(1) Cream margarine, add flour and nuts. (2) Spread in 9" x 13" baking dish. (3) Bake at 350 degrees until light brown; cool. (4) Whip cream cheese until fluffy. (5) Gradually add sweetened condensed milk while continuing to beat. (6) Add lemon juice and blend well. (7) Spread mixture on top of cooled pastry. (8) Whip 2½ cups milk, instant pudding, and food coloring until thick enough to spread on top of cheese layer. (9) Top with Cool Whip and refrigerate. (Suitable for freezing.)

— Estelle J. Garrison, Fayette County High School

BEEF STEW

Number of Servings — 4-6

1 lb. boneless stew beef, cut in 1" cubes
Salt and pepper
Flour
Drippings or melted fat
1½ c. hot water
2 onions, sliced
3 potatoes, diced
3 carrots, diced

(1) Sprinkle meat with salt and pepper, roll in flour, and brown in fat. (2) Add water; cover; and simmer until almost tender, 2 to 3 hours. (3) Add vegetables, season with salt and pepper, cover, and continue to simmer until vegetables are done. Stir occasionally.

— Sandra Brewer Taylor, Vernon Consolidated High School

OLD-FASHIONED BEEF STEW

Number of Servings — 6

½ c. all-purpose flour
1 t. salt
¼ t. pepper
2 lbs. beef stew, cut into 1" pieces
3 T. shortening
6 c. hot water
3 med. potatoes, pared and cut into 1" cubes
1 med. turnip, cut into 1" cubes
4 carrots, cut into 1" slices
1 green pepper, cut into strips
1 c. celery, sliced into 1" pieces
1 med. (½ c.) onion, diced
1 T. salt
2 beef bouillon cubes
1 bay leaf

(1) Mix flour, salt and pepper. (2) Coat meat with flour mixture. (3) Melt shortening in large skillet; brown meat thoroughly. (4) Add water, heat to boiling. Reduce heat; cover and simmer 2 hours. (5) Stir in remaining ingredients. Simmer 30 minutes or until vegetables are tender. (If desired, thicken stew. In covered small jar, shake 1 cup cold water and 2 to 4 tablespoons flour until blended. Stir into stew; heat to boiling, stirring constantly. Boil and stir 1 minute.) (Suitable for freezing.)

— Glenda McKay, New Brockton High School

BRAISED BEEF

Number of Servings — 6

3 lb. beef chuck, cut in 1" cubes
¼ c. flour
¼ t. salt
3 T. cooking oil
3 lge. onions, sliced
8-oz. can mushrooms
10½-oz. can condensed beef broth
1 T. vinegar
1 clove garlic, minced
1 t. thyme
1 bay leaf
1 T. flour

(1) Shake beef cubes in mixture of flour and salt. (2) Brown beef in hot oil. (3) Combine onions, mushrooms, broth, vinegar, garlic, thyme and bay leaf; add to beef and simmer covered about 1½ hours or until beef is tender. (4) Remove bay leaf. (5) Thicken slightly with 1 tablespoon of flour blended with 2 tablespoons of water. Serve over buttered noodles.

— Maeola C. Hagerty, Huntsville Vo-Tech Center

SWEET BEEF

Number of Servings — 4-6

2-2½ lb. beef round steak, cut into 1-inch cubes
1 t. salt
¼ t. pepper
Lemon juice
2 T. brown sugar, packed
18-oz. can condensed onion soup
18-oz. can sweet potatoes, drained
1 envelope brown gravy mix

(1) Place beef cubes in skillet and lightly brown. Place in casserole dish. (2) Stir in seasonings, brown sugar, lemon juice and soup; cover with glass lid. Cook in 350 degree oven for 10 minutes. (3) Top with potatoes. Recover and continue cooking for 30 minutes or until meat is fork tender. (4) Remove meat and potatoes and add gravy mix to casserole dish; stir well; recover. Cook for 5 minutes or until thickened and hot. (5) Pour gravy over meat and vegetables and serve. (Suitable for freezing.)

— Sharon Whiteard, Hackneyville High School, Alexander City

MEXICAN POT ROAST

Number of Servings — 6

3 to 3½ lb. beef chuck pot roast
2 T. cooking oil
8-oz. can tomatoes, cut up
4-oz. can green chillies, drained, seeded, and chopped
¼ c. water
2 T. taco seasoning mix
2 t. beef bouillon granules
1 t. sugar
¼ c. cold water
1 T. all-purpose flour

(1) In dutch oven brown meat on both sides in hot oil. (2) Combine undrained tomatoes, chillies, 1/4 cup water, dry taco seasoning mix, bouillon granules, and sugar; pour over meat. (3) Simmer, covered, for 2 to 2½ hours or until meat is tender. (4) Remove meat to warm platter. (5) Pour juices into measuring cup. Skin off fat. (6) Add water if necessary to make 1¾ cups liquid; transfer to saucepan. Add flour to liquid. Cook and stir until thickened and bubbly. Slice meat; serve with taco gravy. (Garnish with avocado, tomatoes, peppers, lettuce or celery.)

— Mavinee Thames, Coffee Springs High School

BEEF OR CHICKEN ROLL

Number of Servings — 8-10

1¼ c. self-rising flour, sifted
½ c. margarine
1 egg, slightly beaten
3 T. milk

CHICKEN FILLING

1 c. cooked chicken, cut up
½ c. celery, finely chopped
2 T. parsley, chopped
1 can cream of chicken soup
½ t. salt
1 t. soy sauce

MEAT FILLING

½ lb. ground beef
2 T. margarine
⅓ c. onion, finely chopped
1 can cream of mushroom soup
½ c. celery, finely chopped
½ t. salt

(1) Cut shortening in flour. (2) Add milk to beaten egg and stir into flour mixture. (3) Shape dough into a ball, wrap and chill while making filling. (4) For chicken filling, combine chicken, celery, parsley, ½ can undiluted soup, salt and soy sauce. (5) For meat filling, brown onion and beef in butter. Drain off fat and add 3/4 can undiluted soup, celery and salt. (6) Divide dough in half. Roll out half and spread with half of the filling (either meat or chicken). Roll up jelly-roll fashion. (Optional: dough may be rolled out into 8 or 10 individual rolls.) (7) Roll out remaining half of pastry and spread with filling and roll up. (8) Place rolls on a greased pan and bake at 375 degrees about 25 minutes. (9) Dilute the remaining soup with ½ cup water and serve hot over rolls. (Suitable for freezing.)

— Gale Turpin, C. F. Vigor High School, Prichard

ORIENTAL BEEFSTEAK STRIPS

Number of Servings — 6-8

2 lb. Beef Round Steak, 1-inch thick
2 T. cooking oil
⅓ c. soy sauce
2 t. sugar
¼ t. pepper
1 clove garlic, minced
3 carrots
2 green peppers, 1-inch squares
8 green onions, 1½-inch pieces
½ lb. mushrooms, halved
¼ c. water
2 T. cornstarch
8-oz. can water chestnuts, halved

(1) Cut Round Steak into strips 1/8 inch thick and 3 to 4 inches long. (2) Brown strips in oil. (3) Pour off dripping, measure and add enough water to make 1 cup, then combine with soy sauce, sugar, pepper, and garlic; add to meat. (4) Cover; cook slowly for 45 minutes. (5) Cut carrots lengthwise into thin strips; cut strips in half. (6) Add carrots, green peppers, onions, mushrooms, and water chestnuts to meat; cover. (7) Continue cooking 15 minutes. (8) Combine cornstarch and water. (9) Add to cooking liquid to thicken for gravy. (Serve with cooked rice. Garnish with mushrooms and parsley.)

— Lucille Reid Marker, Robertsdale High School

MUSHROOM SWISS STEAK

Number of Servings — 6

1 blade, arm, or round steak (3 lbs.)
2 T. fat
1 med. onion, chopped
¾ lb. mushrooms, sliced thin
6 T. flour
1 c. beef broth
1 c. milk
½ t. salt
1/8 t. pepper

(1) Brown steak in fat on moderately high heat. Transfer to a roasting pan that is only slightly larger than the steak. (2) In the drippings saute' the onions and mushrooms until limp and lightly browned. (3) Blend in flour. Add broth, milk and seasonings. Stir constantly until thick and smooth. (4) Pour sauce over steak. (5) Cover and bake at 350 degrees for 1½ hours.

— Alice Lawler, Davis Hills Middle School, Huntsville

PARMESAN STEAKS

Number of Servings — 6

¼ c. Parmesan cheese
1 c. potato flakes
3 eggs
1 clove garlic, minced
1½ t. salt
½ t. pepper
1½ lb. cube steak
½ c. oil
1 c. tomato sauce
¼ c. Parmesan cheese

(1) Preheat oven to 325 degrees. (2) Pound meat. (3) Combine 1/4 cup Parmesan cheese with potato flakes. (4) Beat eggs with garlic, salt and pepper. (5) Dip steak in egg mix, then potato flakes. (6) Brown in hot oil, then place in baking dish. (7) Add tomato sauce and sprinkle with Parmesan cheese. (8) Continue baking for 30-40 minutes until steak is tender.

— Ilene Carlisle, Benjamin Russell High School, Alexander City
(Courtesy Bonnie Garner, Student Teacher)

STROGANOFF

Number of Servings — 6

1 lb. round steak
salt
pepper
flour
1 c. onion, chopped
¼ c. cooking oil
10½-oz. can beef bouillon
½ c. water
½ c. sour cream
12-oz. pkg. med. noodles

(1) Cut meat into thin strips. (2) Season with salt and pepper and coat with flour. (3) Brown meat and onion in oil. (4) Add beef bouillon and water, bring to a boil, cover and simmer 15-20 minutes or until meat is tender. (5) Stir in sour cream and continue to heat for a few minutes. (6) While meat is simmering, cook noodles as package indicates. (7) Spoon stroganoff over noodles.

— *Bess M. Sisk, Section High School*

BEEF STROGNANOFF

Number of Servings — 6-8

2 lb. beef tenderloin or sirloin steak
¼ c. butter or margarine
6-oz. can sliced mushrooms, drained
2 10½-oz. cans condensed beef broth (bouillon)
⅓ c. instant minced onion
¼ c. catsup
1½ t. garlic salt
⅓ c. all-purpose flour
2 c. dairy sour cream
8 to 10 oz. medium noodles, uncooked
3 T. butter or margarine

(1) Cut meat across the grain into 3/4-inch slices, then into strips 3" x 1/4". (2) Melt 1/4 cup butter in large skillet. (3) Cook and stir mushrooms in butter, almost 4 minutes; remove mushrooms. (4) In same skillet, brown meat. (5) Reserving 2/3 cup of the broth, stir in remaining broth, the onion, catsup and garlic salt then cover and simmer 15 minutes. (6) Blend reserved broth and the flour; stir into meat. (7) Add mushrooms; heat to boiling, stirring constantly. Boil and stir 1 minute. (8) Stir in sour cream; heat through. (9) Cook noodles as directed on package; drain. (10) Toss with 3 tablespoons butter. Serve with stroganoff.

— *Carol Ann P. Methvin, Carver High School, Birmingham*

GROUND BEEF

CHILI CON CARNE

1 lge. onion, chopped
1 green pepper, chopped
1 lb. ground beef
16-oz. can tomatoes
8-oz. can seasoned tomato sauce
1-lb. can red kidney beans
1 to 1½ T. chili powder
1½ t. salt
1 bay leaf
dash paprika
dash cayenne

(1) Brown onion, green pepper, and meat. (2) Add tomatoes, tomato sauce, kidney beans, chili powder, salt, bay leaf, dash paprika and cayenne. (3) Cover and simmer 1½ hours, adding liquid or water if needed. (Serve hot.)

— Ophelia G. Hill, F. W. Olin Vocational High School, Birmingham

SCRAMBLE BURGERS

Number of Servings — 4-6

1 lb. ground beef
1 sm. onion
½ t. seasoned salt
½ t. pepper
¼ c. catsup
¼ c. mustard

(1) Cook ground beef on medium heat until almost done. (2) Cut up onion in ground beef and let cook until done. Add catsup and mustard and let simmer for 8 minutes. (Serve on toasted buns.)

— Sallie Johnson, Troy-Pike Vocational Technical Center

MEAT CROQUETTES

Number of Servings — 8

2 c. cooked ground beef
1 c. thick white sauce
salt and pepper to taste
celery to taste
dried bread crumbs
1 egg, slightly beaten
2 T. water

(1) Combine beef and white sauce. (2) Season to taste with salt, pepper and celery. (3) Mix thoroughly and then cool. (4) Form in balls, cones, or cylinders. (5) Roll in bread crumbs. (6) Dip in egg which has been diluted with the water. (7) Roll in bread crumbs again. (8) Fry in deep fat (385 degrees) until brown. (9) Drain on absorbent paper. Serve with tomato sauce.

VERY THICK WHITE SAUCE

4 T. melted butter or margarine
4 T. flour
1 c. milk, scalded
½ t. salt
pepper to taste

(1) Combine butter or margarine and flour. (2) Add milk slowly, stirring constantly. (3) Cook until thick and smooth. (4) Add salt and pepper to taste. (Use this recipe for preparing croquettes.)

TOMATO SAUCE

2 c. canned tomato soup
1 t. onion, chopped
1 t. green pepper, chopped
1 t. butter or margarine
salt
pepper

(1) Heat tomato soup according to directions on can. (2) Add onion, green pepper and butter or margarine. (3) Add salt and pepper to taste. (4) Simmer 5 minutes. (Pour over croquettes.)

— Patricia Floyd, Fairview High School, Cullman

BAR-B-CUPS

Number of Servings — 10

1 lb. ground chuck
¼ c. onion, chopped
¼ c. bell pepper, finely chopped
½ c. barbecue sauce
1 can (10) biscuits
½ c. cheese, grated

(1) Preheat oven to 375 degrees. (2) Brown ground chuck. (3) Add onion, pepper, and barbecue sauce. (4) Let simmer while you make the cups. (5) Open biscuits, press each biscuit into muffin pan bottom and up sides to form cup. (6) Fill with meat mixture, top with grated cheese. (7) Bake at 375 degrees 12-15 minutes.

— Miriam E. Sanders, Eutaw High School

CREAMED BEEF

Number of Servings — 4

1 lb. ground beef
4 T. flour
¾ t. salt
¼ t. black pepper
1¾-2 c. milk
2 T. butter or margarine

(1)Brown beef in its own fat, drain excess fat. (2) Add flour, salt, pepper to beef and mix thoroughly, cooking about 5 minutes until flour is absorbed. (3) Add milk to beef mixture. (4) Add margarine and heat to a simmer, stirring frequently. (5) Cook until thick. (Serve on toast or biscuits. This is great topped with sunny side up eggs, or however you like.)

— Felicia Porter, Tuscaloosa County Area Vocational Center, Northport

BEEF UP BISCUIT

Number of Servings — 6

1 lb. ground beef
½ c. onion, chopped
¼ c. green pepper, chopped
8-oz. can tomato sauce
2 t. chili powder
½ t. garlic salt
2 cans biscuits
½ c. sour cream
1 egg
1½ c. Cheddar cheese, shredded

(1) Brown ground beef, onion, green pepper. (2) Add tomato sauce, chili powder, garlic salt and simmer. (3) Pull apart a can of biscuits into two sections. Press one half on bottom of 8 or 9 inch square baking pan. (4) Mix 1/2 cup cheese, sour cream, egg; add to meat and spoon over dough. (5) Top with remaining biscuits and sprinkle with 1 cup cheese. Bake at 375 degrees for 25-30 minutes or until brown.

— Lucille Reid Marker, Robertsdale High School

BEEF ROLL-UPS

Number of Servings — 8

2 c. biscuit dough
2 c. ground beef
2 eggs, beaten
1 c. milk
1 t. salt
1 t. pepper
½ t. garlic salt
1 T. Worcestershire sauce
1 can cream of mushroom soup

(1) Roll out dough on floured board into 1/2-inch thick rectangle. (2) Mix beef with eggs and seasonings; spread over dough. (3) Roll as for jelly roll; cut into 1/2-inch slices. (4) Place slices, cut side down, in greased pan. (5) Bake in preheated 250 degree oven for 30 minutes or until lightly browned. (6) Spoon soup over each serving.

— Grace Lunsford, Foley High School

CHILI-MAC

Number of Servings — 8

½ lb. ground beef
½ green pepper, chopped
½ sm. onion, chopped
2 T. fat
1 can tomatoes
1 can corn, partially drained
1½ t. salt
1/8 t. pepper
1 t. chili powder
1 T. sugar
2 T. vinegar
4 oz. elbow macaroni

(1) Brown beef, green pepper and onion in fat or drippings in skillet. (2) Add tomatoes and corn. (3) Combine salt, pepper, chili powder, sugar, vinegar and stir into meat mixture. (4) Add macaroni and mix well. (5) Turn switch to high until steaming freely, then to low for 30 minutes. (Suitable for freezing.)

— Jane W. Smith, W. S. Neal High School, East Brewton

CHUCK WAGON MAC

Number of Servings — 6

1 lb. ground beef
1 t. salt
dash pepper
2 T. Kraft oil
½ c. celery, sliced
½ c. onion, chopped
¼ c. green peppers, chopped
1 pkg. Kraft macaroni and cheese dinner
2 c. (1-lb. can) whole kernel corn, drained
2 c. (1-lb. can) tomatoes
6-oz. can tomato paste
½ t. salt
dash of pepper

(1) Season meat with salt and pepper. (2) Shape into 12 balls. (3) Brown in oil, add celery, onions and green peppers. (4) Cook until tender. (5) Prepare cheese dinner as directed. Add to meatballs with remaining ingredients, mix lightly. (6) Simmer 15 minutes, then serve. (Suitable for freezing.)

— Lois C. Smith, Tuscaloosa Jr. High School

BARBECUED MEAT LOAF

Number of Servings — 8

1½ lb. ground beef
1 c. bread crumbs
1 onion, finely chopped
1 egg, beaten
1½ t. salt
¼ t. pepper
2 8-oz. cans tomato sauce, divided
½ c. water
3 T. brown sugar
3 T. vinegar
3 T. Worcestershire sauce

(1) Combine beef, bread crumbs, onion, egg, salt, pepper, and 1/2 can tomato sauce in a large mixing bowl, mix well. (2) Place mixture in a 10'' x 6'' x 2'' baking dish and shape into a loaf. (3) Combine remaining tomato sauce and remaining ingredients in a small mixing bowl and pour over loaf. (4) Bake at 350 degrees for 1 hour and 15 minutes or until done, basting often.— *Emma Thomas, Woodlawn High School, Birmingham*

CHEESEBURGER LOAF

Number of Servings — 6

1 egg, beaten
10¾-oz. can condensed Cheddar cheese soup
½ c. soft bread crumbs
½ c. dill pickles, chopped
¼ c. onion, chopped
½ t. salt
¼ t. pepper
1½ lb. ground beef

(1) Combine egg, 1/3 cup of the cheese soup, crumbs, pickles, onions, salt, and pepper. (2) Add ground beef, mix well. Shape into loaf. (3) Place

in shallow baking pan, bake at 350 degrees for 1 hour and 15 minutes. (4) Place on platter. (5) Heat remaining cheese soup. Pour over loaf to serve. (Suitable for freezing.)

— Joyce Jones, Southside High School, Gadsden

HIGH PROTEIN MEAT LOAF

Number of Servings — 6-8

1 lb. ground beef
1½ c. oatmeal
1 egg. beaten
1 envelope dry onion soup mix
½ c. cream of mushroom soup, undiluted
¼ t. salt
1/8 t. black pepper
½ c. cream of mushroom soup, undiluted
½ c. milk

(1) Combine all ingredients except 1/2 cup cream of mushroom soup and milk. (2) Knead until oats are blended well. (3) Shape into a loaf. (4) Bake at 350 degrees for 30 minutes, then remove from oven. (5) Combine 1/2 cup cream of mushroom soup with milk and pour over meat loaf until all sides are coated. (6) Return to oven and bake for 30 minutes. (Suitable for freezing.)

— Felicia R. Huguley, Headland High School

TASTY MEAT LOAF

Number of Servings — 6-8

2 lb. ground chuck
¾ c. quick-cooking oats
1 c. carrots, coarsely shredded
½ c. onion, chopped
½ c. green pepper, chopped
2 T. fresh parsley, minced
½ c. ketchup
2 T. yellow mustard
2 eggs, slightly beaten
2 t. salt
1 t. dried thyme leaves
¼ t. pepper
¼ c. milk

(1) Combine all ingredients and mix lightly, but well. (2) Shape mixture into 10'' loaf or jelly roll pan or shallow roasting pan. (3) Bake in 350 degree oven 1 hour and 15 minutes or until well browned. (Let stand 10 minutes before slicing.)

— Mary B. Mills, Vina High School

POLYNESIAN MEATBALLS

Number of Servings — 30

½ c. fine bread crumbs
1 sm. onion, minced
1 lb. ground beef
1 t. corn starch
1 t. salt
1 egg, beaten
12 oz. chili sauce
½ c. grape jelly
¾ c. milk

(1) Combine bread crumbs, ground beef, onion, corn starch, salt, egg and milk. (2) Shape this mixture into medium size ball; place in a 9" x 13" pan. (3) In a saucepan combine chili sauce and jelly. (4) Beat until bubbly; pour sauce over meatballs. (5) Heat one hour at 300 degrees.

— Madelyn J. Howard, Cobb Junior High School, Anniston

STUFFED GREEN PEPPERS (MICROWAVE)

Number of Servings — 4

4 med. sized green peppers
1 lb. lean ground beef
½ c. quick-cooking rice, uncooked
1 t. salt
¼ t. pepper
½ t. dried oregano
1/8 t. garlic powder
⅓ c. water, milk or tomato juice
1 egg, slightly beaten
8-oz. can tomato sauce with onion bits

(1) Cut green peppers in half lengthwise; remove core and seeds. (2) Place peppers, hollow side up in shallow casserole dish. (3) In a medium size bowl, crumble beef. Add rice, salt, pepper, oregano, garlic powder, water, egg and 1/2 cup tomato sauce. Mix. (4) Spoon mixture into pepper halves. (5) Spoon remaining tomato sauce over peppers. (6) Heat, covered loosely with wax paper for 19-22 minutes. (7) Allow to stand 4 minutes, covered, before serving. (Suitable for freezing.)

— Jean Morris, Central High School, Florence

MEAT LOAF AND POTATOES

Number of Servings — 6

1 lb. ground beef
3 T. onion, chopped
4 crackers, crumbled
3 T. ketchup
2 T. Worcestershire sauce
1 t. salt
1 t. pepper
fat
4 lge. potatoes, shredded

(1) Mix all ingredients. (2) Divide into two large patties. (3) Brown on both sides in 1 teaspoon fat. (4) Shred potatoes on grater or food processor. (5) Spread potatoes over meat loaf. (6) Cover and bake at 350 degrees for 30 minutes. (Suitable for freezing.)

— Joyce Finch, Sulligent Consolidated School

CHILI CHEESEBURGER PIE

Number of Servings — 6

1 lb. ground beef
½ c. chopped onion
½ c. evaporated milk
⅓ c. fine bread crumbs
½ c. catsup
1 T. chili powder
1 t. salt
½ t. oregano
¼ t. black pepper
1 unbaked 10-inch pie shell
½ c. shredded Cheddar cheese
1 t. Worcestershire sauce

(1) Brown ground beef and onion. Remove from heat and pour off drippings. (2) Stir in evaporated milk, bread crumbs, catsup, chili powder, salt, oregano, and pepper. (3) Spread in pie shell. Bake at 400 degrees for 20 minutes. (4) Remove from oven and top with a mixture of cheese and Worcestershire sauce. Bake 10 minutes longer. Let stand 10 minutes before serving.

— Jean Head, Albertville High School

HAMBURGER PIE

Number of Servings — 2 pies

1 lb. ground beef
½ c. mayonnaise
¾ c. milk
3 eggs
2 T. cornstarch
1½ c. cheese, grated
⅓ c. onion, chopped
2 unbaked pie crusts

(1) Brown ground beef in heavy skillet. Drain and set aside. (2) Mix mayonnaise, milk, eggs, and cornstarch until smooth and well blended. (3) In a mixer bowl, combine ground beef, batter mixture, cheese and onion. Stir until well mixed. (4) Pour into two unbaked 9-inch pie shells. (5) Bake in a 350 degree oven for 35 to 40 minutes. (Suitable for freezing.)

— Gwen Sanders, Eva Junior High School

TACO PIE

Number of Servings — 4-6

1 lb. ground beef
1 pkg. taco seasoning mix
½ c. water
⅓ c. olives, sliced
2 c. corn chips, crushed
1 c. sour cream
1 c. Cheddar cheese, shredded
1 pie shell, unbaked

(1) Brown ground beef; drain. (2) Stir in seasoning mix, water and olives; simmer for 5 minutes. (3) Sprinkle 1 cup corn chips over bottom of pie shell. (4) Spoon meat mixture over corn chips and crust. (5) Spread sour cream over meat mixture. (6) Cover sour cream with cheese and sprinkle remaining corn chips on top. (7) Bake for 10-25 minutes or until crust is golden brown. (8) Serve in wedges.

— Rheaunette Holdbrooks, Hokes Bluff High School, Gadsden

MEXICAN DINNER

Number of Servings — 6

1 onion, chopped
1 T. oil
2 lb. ground beef
1 t. salt
½ t. black pepper
2 8-oz. cans tomato sauce
½ c. water
1¼-oz. pkg. chili mix
15-oz. can ranch-style beans or kidney beans
6-oz. pkg. corn chips
6 sl. process cheese

(1) Saute' onion in oil until tender. (2) Add ground beef and cook until meat is browned. (3) Add salt, pepper, tomato sauce, water, and chili mix; simmer 10 minutes. (4) Add beans; simmer 15 minutes. (5) Press corn chips lightly into chili mixture. (6) Cover with cheese slices; simmer until cheese softens but does not melt.

— Carole B. Wood, Huntsville Area Vocational Technical Center

HAMBURGER STROGANOFF

Number of Servings — 4-6

½ c. onion, minced
1 clove garlic, minced
¼ c. butter
1 lb. ground beef
2 T. flour
1 t. salt
¼ t. pepper
8-oz. can sliced mushrooms, drained
10½-oz. can cream of chicken soup
1 c. sour cream
parsley (optional)

(1) Saute' onion and garlic in butter over medium heat. (2) Stir in meat and brown. (3) Stir in flour, salt, pepper and mushrooms and cook 5 minutes. (4) Stir in undiluted soup and simmer uncovered for 10 minutes. (5) Stir in sour cream. Heat thoroughly. (6) Garnish with parsley. (Serve with cooked egg noodles or rice.)

— Marsha Durham, Fort Payne High School

PORK

BARBECUED HAM ROAST

Number of Servings — 4

2 lb. ham, 2" slice
½ c. coke
¼ c. brown sugar
1 t. prepared mustard

(1) Mix coke, brown sugar, and mustard together to make sauce. (2) Cook ham slowly on the grill for about 1 hour. (3) Use sauce to baste meat every 10-15 minutes.

— Janene Witt, Bay Minette Area Vocational Center

RAISIN-MOLASSES TOPPED HAM

Number of Servings — 6-8

3 to 5 lb. canned Swift Premium ham
1 c. brown sugar
¼ t. cinnamon
2 T. water
2 T. light mild-flavored molasses
½ c. golden seedless raisins
¼ c. walnuts, chopped

(1) Heat ham on rack in shallow open pan as directed on can. (2) Combine brown sugar and cinnamon with water and molasses. Blend

in raisins and walnuts. Ten minutes before the ham is fully heated, spoon topping over ham. Bake in a slow oven (325 degrees) 10 minutes.

— Susie J. Harris, Georgia Washington Jr. High School, Mt. Meigs

SPANISH PORK CHOPS

Number of Servings — 4

4 pork chops
4 slices onion
2 T. salad oil
1 lge. green pepper
⅔ c. long grain rice
8-oz. can tomato sauce
1 c. water

(1) Brown chops in oil at 450 degrees. Drain off excess fat from skillet. (2) Season chops with salt and pepper. (3) Cut 4 rings from green pepper and put on top of each pork chop. (4) Fit onion slice into pepper ring. (5) Sprinkle rice into skillet between chops. (6) Spoon about 1 tablespoon tomato sauce over each pork chop. Pour rest of tomato sauce into rice. Pour water over rice. (Be sure all rice is moistened.) (7) When mixture begins to boil, reduce heat to 250 degrees on top of stove or at 300 degrees in oven. Cook until pork chops are done and rice is tender.

— Lula Porter, Secretary, Vocational Home Economics Office, State Department of Education, Montgomery

PORK CHOPS SUPREME

Number of Servings — 6

6 pork chops
1 can cream of mushroom soup
4 c. water
1 c. uncooked rice
1 #2 can tomatoes
salt and pepper to taste

(1) Salt and pepper pork chops. (2) Place in casserole dish. (3) Spread mushroom soup over pork chops. (4) Pour uncooked rice over soup. (5) Add tomatoes including liquid and water. (6) Bake in 350 degree oven 1½ hours.

— Jewel Hester, Russellville High School

PORK CHOPS SUPREME

1" thick pork chops
salt
lemon slices
onion slices
brown sugar
1 T. catsup for each chop

(1) Heat oven to 350 degrees. (2) Trim excess fat from lean pork chops. (3) Place pork chops in baking pan or dish and salt well. (4) Top each chop with a lemon slice and a thin slice of onion. (5) Sprinkle generously with brown sugar and pour 1 tablespoon catsup over each chop. (6) Cover and bake 1 hour. (7) Uncover and bake 30 minutes longer, basting occasionally. (Use any number of pork chops desired.)

— Katie Precise, Woodville High School

PORK CHOPS WITH STUFFING

Number of Servings — 4

4 pork chops
3 c. soft loaf bread cubes
2 T. onion, chopped
¼ c. margarine, melted
¼ c. water
¼ to ½ t. sage
⅓ c. water
10½-oz. can cream of mushroom soup

(1) Debone pork chops and place in skillet and brown on both sides. (2) Pour off grease, or lift out chops. (3) Mix bread cubes, onion, margarine, 1/4 cup water and sage. (4) Place a mound of stuffing on each chop. (5) Blend soup with 1/3 cup water and pour over stuffing topped chops in baking dish. (6) Cover with lid or foil and bake at 350 degrees for 1 hour. (May be garnished with 1 tablespoon whole cranberry sauce made from fresh cranberries.)

— Rebekah A. Romine, Phillips High School, Bear Creek

WISH BONE PORK CHOPS

Number of Servings — 6

7-8 center cut pork chops
8-oz. Italian Wish Bone salad dressing
1 T. Worcestershire sauce
1 t. garlic salt
1 T. ac'cent

(1) Trim any extra fat from chops. Place chops in baking dish and pour salad dressing mixture over them. Turn occasionally. Marinate 8-24 hours. (2) Drain and sprinkle ac'cent on chops. (3) Broil on grill outside or in oven, approximately 10 minutes on each side. (Serve hot.) (Suitable for freezing.)

— Brenda K. Pitchford, Houston County High School, Columbia

SWEET SOUR SPARERIBS, CHINESE STYLE

Number of Servings — 4-6

2 lbs. spareribs
fat for browning ribs
½ c. water
½ t. salt
1 T. cornstarch
¼ c. sugar
¼ c. vinegar
¼ c. pineapple chunks
2 long green peppers, sliced

(1) Cut spareribs into serving portions and brown in hot fat on each side. (2) Drain fat. (3) Add water and salt to spareribs. (4) Cover pan tightly and simmer for 20 minutes. (5) Blend cornstarch, sugar, vinegar and add. (6) Cover and continue cooking over low heat for 20 minutes; stir occasionally. (7) Before serving, add pineapple and green pepper to taste. (Serve hot.)

— Ruth L. Rice, Greensboro Public School, East

POULTRY

CHICKEN BREAST

Number of Servings — 8

4 lge. chicken breasts, 8 pieces
juice of 1 lemon
salt and pepper
1 lge. onion, grated
1 t. dry mustard
4 t. parsley
1 stick butter
paprika
½ c. white wine

(1) Place chicken breast in open baking pan, skin side up. (2) Sprinkle with next 5 ingredients. (3) Dot with butter. (4) Sprinkle with paprika and bake in 350 degree oven for 1 hour or more. (5) When nearly done, add wine and baste with juices in pan. (Do not over cook.)

— Linda J. Bland, Luverne High School

BARBEQUED CHICKEN
(Oven)

Number of Servings — 6

1 fryer, cut into pieces
¼ c. flour for coating
oil for browning
SAUCE:
1 T. onion flakes or ¼ c. fresh onion
1 c. catsup
½ c. water
1 t. salt
¼ t. pepper
2 T. brown sugar
2 T. pepper sauce or vinegar
2 T. Worcestershire sauce

(1) Shake chicken pieces in paper bag with flour. (2) Brown quickly in small amount of oil. (3) Remove browned pieces to casserole dish. (4) Pour off fat, then place onion in skillet and stir 1 minute. (5) Mix together other sauce ingredients, add to skillet and bring to boil, then pour over chicken in dish. (6) Cover dish. Bake at 325 degrees for 1 hour.

— Melba M. Calloway, Verbena High School

MOTHER MARY'S BARBEQUED CHICKEN

Number of Servings — 6

1 frying chicken
¼ c. shortening
⅓ c. flour
⅓ c. meal
½ t. salt
⅓ c. evaporated milk
½ c. catsup
1 c. brown sugar, firmly packed
⅓ c. mustard
1 sm. onion

(1) Wash chicken, blot dry. (2) Place shortening in large shallow baking dish. (3) Place in oven to melt while oven is preheating to 400 degrees. (4) Mix flour, corn meal, and salt in small bowl. (5) Place evaporated milk in another shallow pan. (6) Dip chicken in milk, then in corn

meal mixture to coat all sides. (7) Place pieces of chicken skin side down in melted shortening and bake for 30 minutes. (8) While chicken is baking, mix rest of ingredients to make sauce. (9) Pour sauce over chicken and return to oven for twenty minutes.

— Trucilla Long, Lanett Junior High School

BROILED CHICKEN

Number of Servings — 2

1 two-lb. chicken, halved
½ c. butter or margarine
1 t. salt
½ t. pepper
2 T. Worcestershire sauce
½ c. water

(1) Place chicken halves, skin side down, in broiler pan. (2) Combine remaining ingredients in saucepan and heat. (3) Brush chicken with heated sauce at ten-minute intervals, turning chicken each time. (4) Broil 40 to 50 minutes until tender and golden brown.

— Ruth Aurin Jennings, Eufaula High School

CREAMED CHICKEN

Number of Servings — 6

¼ c. butter
1 c. celery, chopped and saute'd in butter
½ c. flour
½ c. milk
3 c. chicken broth
½ c. Pet milk
1 c. cream of chicken soup
salt
1/8 t. pepper
3 c. chicken, cooked and diced
2 T. pimiento, diced
½ c. onion (optional)

(1) Melt butter and saute' celery and onion, then stir in flour. (2) Blend well. (3) Add cold milk gradually, stir until smooth. (4) Stir in hot broth a little at a time, stirring constantly. (5) Blend Pet milk and chicken soup until smooth, add to sauce. (6) Cook until thick. (7) Add salt and pepper. (8) Gently fold in chicken, then pimiento. (Suitable for freezing.)

— Jo Anne Blair, Bibb Graves High School, Millerville

EMPEROR'S CHICKEN

Number of Servings — 8

2 2½- to 3-lb. broiler-fryers, cut up
1 c. Miracle French dressing
1½ c. potato chips, finely crushed
1½ c. bread crumbs
1 t. seasoned salt

(1) Dip chicken in dressing. (2) Combine potato chips, bread crumbs and salt. (3) Coat chicken. (4) Place in 15½'' x 10½'' jelly roll pan. (5) Bake at 350 degrees 55 to 60 minutes or until tender.

— Bernice McCaskill, Marengo High School, Dixon Mills

OVEN FRIED CHICKEN

Number of Servings — 5-6

⅓ c. biscuit mix
½ t. salt
¼ t. pepper
1 med. frying chicken, cut into pieces
1 egg, slightly beaten
⅓ c. butter or margarine

(1) Place biscuit mix, salt and pepper in clean paper bag. (2) Dip chicken in beaten egg and drop pieces one by one into mixture, shaking thoroughly. (3) Melt butter in pan. (4) Arrange pieces in pan with one side of each touching bottom. (5) Bake uncovered in oven at 425 degrees from 15 to 30 minutes until each side is brown and tender. (Serve hot with biscuit.) (Suitable for freezing.)

— Magnolia H. Brown, Paramount High School, Boligee

OVEN FRIED CHICKEN

1 chicken, cut in pieces, washed and dried
1 stick butter
1 lge. bag potato chips, crushed
salt and pepper to taste
flour

(1) Shake chicken in bag with flour, salt and pepper. (2) Melt butter and dip floured chicken pieces into butter. Roll chicken in potato chips. (3) Place in foil-lined pan and cover with foil. (4) Cook at 400 degrees for approximately 1 hour. Just before taking it from oven, remove the cover and let it brown a little more.

— Annie Sue Burleson, Marion County High School, Guin

CHICKEN LIVERS ELEGANTE'

Number of Servings — 6

2-3 sl. bacon
1 lb. chicken livers, halved
1 t. salt
16-oz. can French cut green beans
1 c. celery, bias cut
¼ c. dry sauterne or cooking sherry
2 T. pimiento, chopped
½ c. sour cream
½ c. mayonnaise
Parmesan cheese

(1) Cook bacon until crisp. Drain bacon and reserve drippings. (2) Add livers to drippings. Sprinkle with salt and cook until lightly browned on all sides. (3) Add beans, celery, wine and pimiento. Mix lightly. (4) Cover and cook on low for five minutes or until all vegétables are heated through. (5) Spoon liver mixture into 9'' pie plate. Crumble bacon over top. Spoon cream mixture (sour cream and mayonnaise) around the outside edges. Sprinkle with cheese. (6) Broil 6'' from heat about 2 minutes.

— Phyllis D. Landers, Phillips High School, Birmingham

CHICKEN'N MUSHROOM PACKAGES

Number of Servings — 4

1 c. flour
1 broiler-fryer chicken, cut in parts
½ c. shortening
4-oz. can whole mushrooms
1 med. onion
1½ t. salt
1 T. black pepper
¼ c. butter or margarine
⅓ c. cream

(1) Place flour in shallow dish. (2) Add chicken, one piece at a time, dredging to coat. (3) In fry pan, place shortening and melt over medium heat. (4) Add chicken and cook, turning, about 10 minutes or until brown on all sides. (5) Tear four 12" x 14" pieces of aluminum foil. (6) In each piece of foil, place 1/4 of the chicken, 1/4 of the mushrooms, 1/4 of the onion and 1/4 of the pepper. (7) Fold up edges of foil. (8) Add 1/4 of the cream and 1/4 of the butter or margarine to each of the packages. (9) Bring edges of foil together and seal with double fold. (10) In large shallow baking pan, place packages. (11) Bake in 350 degree oven about 45 minutes or until fork can be inserted in chicken with ease.

— Mildred T. Dickerson, Brighton High School

CHICKEN PIE

Number of Servings — 8

1 frying size chicken
4 c. chicken broth
1 can cream of mushroom soup
2 eggs, boiled
1 stick margarine
1½ c. self-rising flour
1 c. buttermilk

(1) Rinse chicken, place in pan, cover with water and cook until tender. (2) Remove meat from bones and arrange meat in a 13" x 9" pan that has been sprayed with Pam. (3) Mix cream of mushroom soup with broth; pour over chicken mixture. (4) Chop boiled eggs and spread over mixture. (5) Mix margarine, flour, and milk. Spoon over chicken mixture. (6) Bake in 425 degree oven for 30 minutes or until brown.

— Mertice G. Stone, Shelby County Vocational Center, Columbiana

CHICKEN POT PIE

Number of Servings — 4

2 T. butter or margarine
2 T. flour
¼ t. pepper
Salt
1 c. milk
1½ c. cooked chicken, cut up
1 c. frozen whole kernel corn
1 c. frozen English green peas
1 c. self-rising flour
2 T. shortening
¾ c. milk

(1) Preheat oven to 450 degrees. (2) Melt butter in saucepan over

low heat. (3) Blend in flour, salt and pepper. (4) Cook over low heat, stirring until mixture is smooth and bubbly. (5) Remove from heat. (6) Stir in 1 cup of milk. (7) Heat to boiling, stirring constantly. Boil and stir 1 minute. (8) Cook frozen vegetables according to package directions. (9) Stir drained cooked vegetables and chicken into white sauce. (10) Cut shortening into self-rising flour thoroughly, until mixture looks like meal. (11) Stir in almost all the milk. If dough is not pliable, add just enough milk to make a soft dough. (12) Round up dough on lightly floured cloth-covered board. (13) Knead lightly 20 to 25 times, about 1/2 minute. (14) Roll 1/2 inch thick. (15) Pour white sauce mixture into a 9" x 9" x 2" pan. (16) Top with biscuit dough to fit top of pan. (17) Bake at 450 degrees about 12 to 18 minutes until top is golden brown. (Good way to use leftover chicken and vegetables.)

— Diana Johnson, Highview Vocational School, Albertville

PARTY CHICKEN AND CHEESE PIE

First Place State Winner
Heritage Cook-Off 1978
Sponsored by Alabama Farm Bureau
Number of Servings — 6-8

PASTRY

1 c. all-purpose flour
½ t. salt
⅓ c. + 1 t. shortening
½ c. mild Cheddar cheese, shredded
2 T. water

(1) Prepare pastry by combining flour and salt, cut in shortening until mixture resembles coarse cornmeal. (2) Add 1/2 cup Cheddar cheese and water; stir until mixture forms a ball. (3) Roll dough to 1/8 inch thickness on lightly floured pastry sheet. (4) Fit into a 9-inch pie plate and flute edges. (5) Prick bottom and sides of pastry with a fork. (6) Bake at 450 degrees for 8-10 minutes.

CHICKEN PIE FILLING

2 c. chicken, cooked and chopped
½ c. celery, chopped
½ c. green pepper, chopped
1 T. lemon juice
½ t. salt
2 boiled eggs, chopped
2-oz. jar pimiento, drained and chopped
1 c. mayonnaise
1 c. mild Cheddar cheese, shredded
¼ c. chicken stock

(1) Combine chopped chicken, celery, green pepper, lemon juice, salt, eggs, pimiento, and mayonnaise, mixing well. (2) Pour into cheese

pastry shell and sprinkle top with shredded cheese. (3) Bake at 350 degrees for 15 minutes.

— Melba M. Sanders, Pike County High School, Brundidge

Courtesy Mrs. Pearla Mae Flowers

CHICKEN SAETE

Number of Servings — 6-8

½ c. flaked coconut
2 lge. chicken breasts, boned and cut in 1" pieces
5 T. lime juice
½ t. ground ginger
2½ t. ground coriander
1 t. salt
2 T. oil
4 bananas

(1) Toast coconut at 350 degrees until it reaches desired brownness (day before). (2) Mix chicken, lime juice, ginger, coriander and salt. Marinade overnight. (3) Drain chicken and stir-fry in oil. (4) Serve in any attractive dish by layering first bananas, then chicken, then coconut.

— Avon Letcher, Minor High School, Birmingham

CHICKEN IN WINE

Number of Servings — 4

6 whole chicken breasts, split
¼ c. soy sauce
¾ c. red wine
¼ t. ground oregano
1 clove garlic, sliced
¼ c. salad oil
4 T. water
1 t. ground ginger
1 T. brown sugar
Parsley flakes

(1) Place chicken breasts, flat side down, in a shallow casserole dish. (2) Combine remaining ingredients; pour over chicken. (3) Bake, covered, at 350 degrees for 1 hour.

— Lisa Humble, John Essex High School, Demopolis

QUICK CHICKEN

Number of Servings — 4-6

1 broiler-fryer chicken, cut in parts
pepper to taste
season salt to taste
1 c. flour
½ stick butter
¾ c. water

(1) Season chicken to taste, then batter in flour. (2) Place chicken in shallow baking dish. (3) Chip butter over chicken and pour the water over it. (4) Bake in shallow dish at 450 degrees for 30 minutes or until fork tender.

— Sallie Johnson, Troy-Pike Vocational Technical Center

BAKED CHICKEN SANDWICH

Number of Servings — 6

2 c. chicken, cooked and cut in pieces
1 c. Cheddar cheese, grated
½ c. mayonnaise
12 sl. bread, trimmed
6 eggs
3 c. milk
¾ to 1 t. salt
almonds

(1) Mix first three ingredients together and spread between slices of bread; place in 9'' x 13'' dish. (2) Beat eggs, add milk, salt and pour over sandwiches. (3) Let stand overnight. (4) Bake at 350 degrees for 50 minutes. (5) Keep covered first 35 minutes, then remove cover, sprinkle almonds over top and continue cooking, uncovered, the remaining 15 minutes.

—Nancy McAlister, Guntersville High School

BAKED CORNISH HENS

(Original)

Number of Servings — 8

8 Cornish hens
salt and pepper
8 whole med. onions
¾ c. butter or margarine
¼ c. Kitchen Bouquet
8-oz. jar orange marmalade

(1) Clean and dry hens. (2) Season inside and out with salt and pepper; refrigerate overnight. (3) When ready to bake, insert a whole onion in cavity of each hen and place in open roasting pan, leaving space between them. (4) In small saucepan, put butter, Kitchen Bouquet, and orange marmalade; heat together until butter has melted and mixture is blended. (5) Spoon over the hens and bake at 350 degrees until hens are tender, about 1-1½ hours, basting often. (If sauce cooks down before hens are done, add a little hot water to the pan to assure having some of the delicious sauce left to accompany the hens. If hens appear to be getting dry during the baking, place a piece of foil loosely over the pan to retard browning. For entertaining, onions should be removed from hens before serving; but for family enjoyment, leave them in the hen.) (Suitable for freezing.)

— Patricia Maxwell Owens, Etowah County Area Vocational Center, Attalla

BAKED CORNISH HENS

Number of Servings — 6 to 12

6 Cornish hens
1 c. butter or margarine
¼ c. cornstarch
1 c. apple jelly
1⅓ c. white wine
½ c. orange juice
Dash of salt
2 c. seedless white grapes

(1) Wash hens, dry with paper towel. (2) Brown hens in butter in

skillet. (3) Place hens in baking dish, breast side up. (3) Melt jelly over low heat, set aside. (4) Add cornstarch to drippings and butter and blend. (5) Stir in jelly, wine, orange juice and salt. Cook, stirring until smooth and thick. (6) Pour sauce over hens. (7) Bake in preheated oven, 350 degrees for 1 hour. (8) Add grapes, bake 10 minutes; or save grapes to garnish hens. (Arrange hens on bed of rice.)

— Margaret M. Walker, Clay County Area Vocational Center, Lineville

RICE STUFFED ROCK CORNISH HENS

2 Rock Cornish Hens (about 1½ pounds each)
Salt
Pepper
3 T. butter or margarine, melted
10¾-oz. can condensed chicken broth
¼ c. water
½ c. raw regular rice
⅓ c. shredded carrots
¼ c. raisins
2 T. chopped parsley
½ t. onion powder
½ t. salt
10½-oz. chicken gravy

(1) Season cavity of hens with salt and pepper. (2) Chop giblets. (3) To make stuffing, in saucepan, brown giblets in 1 tablespoon butter. (4) Add broth, water, rice, carrots, raisins, parsley, onion powder and salt. Bring to boil; reduce heat. Cover, simmer 30 minutes or until done, stirring occasionally. (5) Fill cavity of hens loosely with stuffings. (6) Truss; place breast-side up on rack in shallow roasting pan. Brush with remaining butter. (7) Roast at 400 degrees for 1 hour and 15 minutes. (8) Remove hens to serving platter; keep warm. (9) On top of range, in roasting pan, stir gravy into drippings. Heat, stirring to loosen browned bits. (Serve with hens and stuffings.)

— Adell H. Hutcherson, Edward Bell School, Camp Hill

DRESSING

(To be used with Chicken or Turkey)

Number of Servings — 40

4 c. bouillon
4-5 c. chicken broth
8 c. bread crumbs
8 c. cornbread crumbs
4 t. Morton meat seasoning
6 eggs, well beaten
½ c. bacon grease or butter
½ c. celery, finely chopped
2 med. onions, chopped
1 T. salt

(1) Grease steam table pan. (2) Combine bouillon and chicken broth. (3) Combine bread crumbs, cornbread crumbs, meat seasoning, eggs, butter, celery, onions and salt. (4) Add bouillon and chicken broth. Mix well and pour into baking pan. (5) Bake at 375 degrees for 1 to 1½ hours.

— Ann Freeman, Cullman County AVC

OVEN QUICK BARBECUED TURKEY

Number of Servings — 10

7 to 8 lbs. turkey parts (legs, thighs, wings, breasts)
1 lemon, cut in half
salt and pepper
flour
salad oil
1 c. orange juice, fresh squeezed
1 c. catsup
1 t. lemon peel, fresh grated
¼ c. lemon juice, fresh squeezed
¼ c. steak sauce
¾ t. sugar
½ t. paprika

(1) Rub turkey parts with cut lemon and season thoroughly with salt and pepper; coat with flour. (2) Saute' in hot oil, over medium heat, until well browned; this will take several minutes on each side. (3) Place skin side down in large, shallow baking pan. (4) Combine remaining ingredients; bring to a boil and pour over turkey. (5) Cover pan with aluminum foil, crimping at edges to seal tightly. Bake at 350 degrees for 45 minutes. (6) Uncover, turn parts over and baste. Bake uncovered 20 to 30 minutes longer, basting several times. (Suitable for freezing.)

— Merneice N. Woods, F. W. Olin Vocational High School, Birmingham

SEAFOOD

FESTIVE MULLET

Number of Servings — 6

2 lbs. mullet fillets or other fish fillets, fresh or frozen
½ c. French dressing
1½ c. cheese crackers, crushed
2 T. oil or fat, melted
Paprika

(1) Thaw frozen fillets. (2) Skin fillets and cut into serving-size portions. (3) Dip fish in French dressing and roll in cracker crumbs. (4) Place on a well-greased cookie sheet, 15" x 12". (4) Drizzle fat over fish. (5) Sprinkle with paprika. (6) Bake in an extremely hot oven, 500 degrees, for 10 to 12 minutes or until fish flakes easily when tested with a fork.

— Linda W. Meadows, New Site High School, Alexander City

SCALLOPED OYSTERS

Number of Servings — 6 to 8

1 qt. oysters, drained (reserve ¾ cup liquid)
½ c. butter
2 T. flour
1 t. salt
1/8 t. pepper
2 T. green pepper, minced
2 T. onion, minced
½ clove garlic, minced
1 T. lemon juice
1 t. Worcestershire sauce
1¼ c. fine cracker crumbs

(1) Warm the oysters in the oyster liquid. Set aside. (2) Melt butter, then blend in flour. (3) Add remaining ingredients to butter-flour mixture, reserving 1/4 of the cracker crumbs for topping. (4) Combine this mixture with warmed oysters and liquid. Turn into shallow baking dish and top with reserved crumbs. (5) Bake at 375 degrees for 20 minutes or until light-golden brown and bubbly.

— Mary E. Threlfall, Fultondale High School, Birmingham

SEAFOOD THERMIDOR

(Microwave)

Number of Servings — 4

1 lb. fresh or frozen cod fillets
1 sm. onion, quartered
1 lemon slice
1 c. water
10½-oz. can condensed cream of shrimp soup
3 T. all-purpose flour
½ c. milk
¼ c. Monterey Jack cheese, shredded
2 T. parsley, snipped
1 T. butter or margarine
½ c. soft bread crumbs
2 T. Parmesan cheese
½ t. paprika

(1) Partially thaw fish (micro-cook 2 minutes, let rest 2 minutes, cook 1 minute, turn once). (2) Discard bones, if present, and cut into 1/2-inch cubes. (3) In 1-quart casserole, cook onion and lemon in water until boiling, about 2½ minutes on high. (4) Add fish and cook about 3 minutes on high. (5) Remove fish and set aside. Discard the liquid. (6) In the same dish, combine soup, flour and gradually add milk. Micro-cook uncovered until thickened, about 4 minutes, stirring after each minute. (7) Stir in shredded cheese and parsley, cook 30 seconds. (8) Fold in fish. (9) In a 1-cup measure, micro-cook the butter, 30-40 seconds; toss with the bread crumbs, Parmesan cheese and paprika. (10) Sprinkle the above on top and cook uncovered until the edges are bubbly — 2-3 minutes. Turn dish once. Trim with parsley, if desired.

— Patsy C. Gaines, Daleville High School

MISCELLANEOUS MEATS

SPAM CROQUETTES

Number of Servings — 4-6

¼ c. flour
3 T. margarine
⅔ c. milk
12-oz. can Spam
2 T. lemon juice
2 T. Worcestershire sauce
2 T. dehydrated onions
2 T. parsley, chopped (optional)
2½ c. cracker crumbs
1 egg beaten with 2 T. milk

(1) Make white sauce using flour, margarine and milk (this will be

very thick); cool, refrigerate. (2) Grind Spam and combine with cold white sauce, lemon juice, Worcestershire sauce, onions, parsley and 1 cup cracker crumbs. (4) Shape into 14 pyramids. (4) Roll each in egg mixture, then in remaining cracker crumbs. (5) Repeat until all cracker crumbs are used. (6) Fry in deep fat until golden brown and crisp on the outside and drain on paper towels.

— Martha Alice Cowan, Maplesville High School

CREOLE FRANKS

Number of Servings — 4-6

¼ c. onion, finely chopped
¼ c. green pepper, finely chopped
2 T. margarine
1 can tomato soup
½ c. water
1 t. vinegar
dash of tabasco sauce
1/8 t. pepper
1 pkg. weiners
cooked rice

(1) Saute' onion and green pepper in margarine. (2) Add soup, water, vinegar, tabasco sauce and pepper and simmer until thickened. (3) Add weiners and heat thoroughly. (Serve over rice.)

— Brenda Sims, Gilmore-Bell Vocational School, Bessemer

CREOLE FRANKS

Number of Servings — 8

1 lb. weiners, cut in thin slices
4 T. margarine
1 lge. onion, chopped
½ green pepper, chopped
1 can tomatoes, drained slightly
1 can tomato soup, undiluted
1 t. chili powder
1 t. salt
2 t. sugar
Dash black pepper

(1) Brown weiners, onion and pepper in skillet with margarine on medium high heat. (2) Add tomatoes, soup and seasonings. (3) Cover and bring to steaming on high. (4) Turn to low for 15 minutes. (Serve over steamed rice or in a ring of mashed potatoes.)

— Jane W. Smith, W. S. Neal High School, East Bewton

LIVER AND ONION SUPREME

Number of Servings — 4

1 lb. beef liver slices
1 egg, slightly beaten
1 T. milk
1 med. onion, sliced
1 T. margarine
⅓ c. (1½-oz.) Kraft Parmesan cheese, grated
⅓ c. dry bread crumbs
¼ t. salt
2 T. margarine

(1) Dip liver in combined egg and milk; coat with combined cheese,

bread crumbs and salt. (2) Saute' onion in one tablespoon margarine until tender; remove from skillet. (3) Brown liver in 2 tablespoons margarine, 2 to 3 minutes on each side or to desired doneness. (Add more margarine, if required.) (4) Return onion to skillet; heat and serve. (Suitable for freezing.)

— Amanda W. Dial, Livingston Senior High School

QUICHE

Number of Servings — 2-4

8 slices bacon, cooked
¾ c. Swiss cheese, shredded
¾ c. Cheddar cheese, shredded
¼ c. onion, minced
¼ c. bell pepper, minced
1 c. milk
¼ c. Bisquick
2 eggs
¼ t. salt
¼ t. pepper

(1) Preheat oven to 350 degrees. (2) Lightly grease 9'' or 10'' pie pan. (3) Sprinkle crumbled cooked bacon, onion, pepper, and shredded cheese over bottom of pie plate. (4) Place remaining ingredients in blender and blend on high for 1 minute. (5) Pour into pan. (6) Bake for 50-55 minutes. (7) Let stand 5 minutes before cutting. (Ham, sausage, or mushrooms may be used.)

— Glenda Memory, Prattville High School

QUICHE LORRAINE WITH SWISS CHEESE

Number of Servings — 6

Pastry for 1 deep-dish 9-inch pie, unbaked
1½ c. grated Swiss cheese
8 slices crisp bacon, crumbled
3 eggs
1 c. heavy cream
½ c. milk
½ t. salt
¼ t. pepper
dash cayenne
½ t. powdered mustard

(1) Sprinkle cheese and bacon into pastry. (Crust may be baked for 5 minutes at 450 degrees before adding filling.) (2) Beat remaining ingredients together and pour over cheese and bacon. Bake in preheated 375 degree oven for 45 minutes, or until firm and browned. (Cut into wedges and serve hot.)

— Carol S. Weaver, Ashville High School

CRAB MEAT QUICHE

Number of Servings — 8

8-in. pie shell, unbaked
2 eggs
1 c. light cream
1 t. monosodium glutamate
¾ t. salt
Dash of cayenne pepper
3 oz. Swiss cheese, grated
3 oz. Gruyere cheese, grated
1 T. flour
6½ oz. crab meat, flaked

(1) Prick bottom and sides of pie shell with fork. (2) Bake in a 450 degree oven for about 10 minutes or until delicate brown. (3) Combine eggs, cream, monosodium glutamate, salt and cayenne pepper; beat well. (4) Combine cheeses, flour and crab meat; sprinkle evenly in pie shell. (5) Pour in cream mixture. (6) Bake at 325 degrees for 1 hour or until tip of knife inserted in center comes out clean. (7) Cut in wedges.

— Jo Ann Hooper, Lawrence County High School, Moulton

HAMBURGER QUICHE

Number of Servings — 6-8

½ lb. hamburger meat
1 c. onion, thinly sliced
1 T. butter
3 T. flour
1 t. salt
¼ t. pepper
2 c. milk
2 eggs
1 t. Worcestershire sauce
2 c. cheese, shredded
9-inch pastry shell, unbaked

(1) Saute' beef and onion in butter until onion is soft. (2) Blend in flour, salt and pepper. (3) Blend milk, eggs and Worcestershire sauce together; add 1 cup cheese. (4) Combine with beef mixture. (5) Pour into pastry shell. (6) Sprinkle remaining cheese over top. (7) Bake in 425 degree oven for 20-25 minutes. (Let stand for 15 minutes before serving.)

— Elizabeth Bowdin, Kinston High School

SMOTHERED QUAIL

Number of Servings — 6

6 Quail
6 T. butter or margarine
3 T. cooking oil
salt and pepper to taste
dash of garlic salt for each bird
2 4-oz. cans sliced mushrooms, drained and liquid reserved
8-oz. can brown gravy
mushroom liquid + ½ c. water
wild rice, cooked

(1) Rub each bird with butter or margarine. (2) Put cooking oil in oblong pan. Place quail in pan and bake at 350 degrees uncovered for 20 minutes. When quail begins to get tender, remove and add the rest of the butter which has been melted, the salt, pepper and garlic salt. (3) Put pan under broiler and carefully brown quail on all sides. (4) Remove from broiler, add mushrooms, gravy, and liquid. Return to oven (350 degrees) and cook until tender, basting often. (5) Serve with cooked wild rice.

— Melinda H. Frix, Brilliant High School

CHOCOLATE BALLS

Number of Servings — 50

2½ c. graham cracker crumbs
1 lb. confectioners' sugar
1½ c. nutty peanut butter
2 cans coconut
2 sticks margarine
1 lge. pkg. semi-sweet chocolate morsels
1 blk. paraffin

(1) Mix first 5 ingredients and roll into small balls. (2) Melt semi-sweet chocolate morsels and paraffin. (3) Roll balls in melted chocolate and cool on wax paper. (Store in tight covered container.) (Suitable for freezing.)

— Charline Webb, Blount County Area Vocational Center, Cleveland

CHEESE BALL

1 lb. sharp Cheddar cheese
½ lb. mild Cheddar cheese
2 8-0z. pkg. cream cheese
3 3-oz. pkg. Roquefort cheese
½ sm. bottle Durkee Dressing mayonnaise
paprika
nuts, chopped

(1) Soften cheese and mix well. (2) Add Durkee Dressing and enough mayonnaise to give desired consistency. (3) Form into ball or rolls. (4) Sprinkle with paprika or roll in chopped nuts. (Suitable for freezing.)

— Brenda Tucker, Cullman Middle School

HOLIDAY CHEESE BALL

16-oz. cream cheese
8½-oz. crushed pineapple
¼ c. green pepper, chopped
¼ c. onion, chopped
¼ t. garlic salt
2 c. pecans, chopped
1 t. salt
¼ c. pimiento (optional)

(1) Soften cream cheese. (2) Gradually add drained crushed pineapple, 1 cup pecans, green pepper, onion, salt, and garlic salt. (3) Chill well. (4) Form into ball and roll in 1 cup chopped pecans.

— Sammye H. Dahlberg, Southern Choctaw High School, Silas

QUICK AND EASY CHEESE BALL

Number of Servings — 1 Large Ball

2 8-oz. pkg. cream cheese
1 sm. can crushed pineapple, drained
¼ c. green pepper, finely chopped
1 T. minced onion, dry
1 t. seasoned salt
pecans, chopped

(1) Allow cream cheese to soften at room temperature. (2) Mix all ingredients together except chopped nuts. (3) Shape into a ball and roll in nuts. (Serve with assorted crackers.) (Suitable for freezing.)

— Donna Mitchell, Randolph County High School, Wedowee

CHICKEN BALLS

Number of Servings — 50 Small Balls

1 lb. chicken breasts, uncooked
3 T. onion, chopped
10 water chestnuts
sm. can mushrooms, drained
2 T. cornstarch
½ t. salt
2 T. soy sauce
1 T. sherry
2 egg whites, beaten stiffly

(1) Bone chicken breasts and put through food grinder with onion, water chestnuts, and mushrooms. (2) Add cornstarch, salt, soy sauce, sherry, and beaten egg whites. (3) Form into small balls and fry in deep hot fat; drain. (Serve using toothpicks.)

— Lois C. Johnson, Ramsay High School, Birmingham

SAUSAGE BALLS

Number of Servings — Approximately 75 Balls

3 c. Bisquick
1 lb. mild or hot pork sausage
½ c. cheese, grated

(1) Mix Bisquick, grated cheese and sausage in large mixing bowl; mix by hand until ingredients are well intermingled. (Note: This dough handles easier if refrigerated overnight.) (2) Pinch off bits of mixture. Place on ungreased cookie sheets, and bake for 10-15 minutes at 350 degrees. (These can be frozen baked or unbaked.) (3) These may be made larger and served at brunch as sausage biscuit.

— Anne Meeks, Beauregard High School, Opelika

PECAN BITS

Number of Servings — 24

1 stick butter
3-oz. pkg. cream cheese
1 c. all-purpose flour
1½ c. brown sugar
2 eggs, beaten
½ t. vanilla
1 T. butter
½ c. pecans, chopped

(1) Blend first three ingredients together. (2) Form into balls the size of walnuts. (3) Press into miniature muffin pans for crust. (4) Blend sugar, eggs, vanilla and butter for filling. (5) Pour into muffin pans. Pour about 2/3 full. (6) Sprinkle with pecan meats. (7) Bake in 350 degree oven for 30 minutes. (Suitable for freezing.)

— Lorrie Piazza, Carver Senior High School, Montgomery

HOT CHEESE CANAPES

Number of Servings — 48

1½ c. grated sharp Cheddar cheese
½ c. mayonnaise
½ c. ripe olives, sliced
½ c. green onions, chopped
½ t. chili powder

(1) Mix together the grated cheese, mayonnaise, sliced ripe olives, green onions and chili powder in a bowl. (2) Split six English muffins and toast. (3) Spread cheese mixture on toasted muffins and broil until cheese is melted and bubbles. (4) Cut each muffin into quarters and serve hot.

— Susan Emmons, Priceville Junior High School, Decatur

SHRIMP COCKTAIL

Number of Servings — 6

14-oz. catsup
2 T. white vinegar
½ t. salt
3 T. Worcestershire sauce
3 drops tabasco sauce
2 T. stuffed olives, chopped
1 c. celery, chopped
¼ c. bell pepper, chopped
8-oz. shrimp, boiled

(1) Mix ingredients in order and blend well. (2) Chill until ready to serve.

— Mildred Warren, Foley High School (Retired)

CHEESE CRISPS

Number of Servings — 9 Dozen

1 c. butter or margarine, melted
2 c. (about 8-oz.) sharp Cheddar cheese, grated
2 c. Rice Krispies
¼ t. red pepper
2 c. Martha White self-rising flour, sifted

(1) Heat oven to 325 degrees. (2) Combine all dry ingredients; mix well. (3) Add melted butter. (4) Form into small balls and place on cookie sheet. (5) Press down with floured fork in crisscross fashion. (6) Bake for about 20 minutes. (7) Remove from baking sheet and cool on wire rack. (Suitable for freezing.)

— Sara Parker, Cottonwood High School

ARTICHOKE PARTY DIP

2 pkg. frozen artichoke hearts
1 c. mayonnaise
1 c. Parmesan cheese
Fritos

(1) Cook artichoke hearts according to package directions. Drain well. (2) Cool slightly and cut each heart into fourths to make bite-size pieces. (3) Mix mayonnaise and Parmesan cheese together and blend well. (4) Add artichoke hearts to cheese mixture. (5) Place in a 9'' x 13'' casserole dish. (6) Bake at 350 degrees for 30 minutes or until bubbly. (7) Serve warm in chafing dish with large Fritos.

— Venelia Turner, Ardmore High School

BROCCOLI DIP

Number of Servings — 20

2 pkg. frozen, chopped broccoli
8-oz. can mushroom pieces, drained
1 c. butter
1 lge. onion, chopped
2 cans cream of mushroom soup
2 rolls garlic cheese, cut
salt and pepper to taste
1 can slivered almonds

(1) Cook broccoli according to directions; drain. (2) Saute' onions in butter. (3) Add all ingredients except mushrooms and almonds. (4) Simmer until cheese is melted, then add mushrooms and almonds. (Serve in chafing dish with Fritos.

— Freda Richey, Guntersville High School

CRABMEAT DIP

Number of Servings — 25

8-oz. cream cheese
1 can crabmeat
1 can mushroom soup
½ c. mayonnaise
½ c. celery, chopped
1 T. Worcestershire sauce
1 t. salt

(1) Measure all ingredients into a large bowl and blend with an electric mixer. (Serve with raw vegetables and chips.)

— Susan B. Owens, Headland High School

HOT DIP

Number of Servings — 15

8-oz. pkg. cream cheese
2 T. milk
2½-oz. jar dried beef, chipped fine
¼ t. pepper
½ c. sour cream
2 T. instant minced onion
2 T. bell pepper, chopped fine
½ c. walnuts

(1) Blend milk and cream cheese. (2) Stir in all other ingredients. (3)

Bake in a buttered casserole 15 minutes at 350 degrees. (Serve with chips or snack crackers.)

— Betty B. Belue, Deshler High School, Tuscumbia

HOT BEEF DIP

8-oz. cream cheese, room temperature
2 T. milk
¼ c. green pepper, minced
2 T. dried minced onion
2½ oz. dried beef
½ t. garlic salt
¼ t. pepper
½ carton sour cream

(1) Blend all ingredients, except sour cream. Blend with mixer, then fold in sour cream. (2) Pour into small baking dish and bake 20 minutes at 350 degrees. Optional: Top with ½ cup chopped pecans that have been coated with butter and baked 10 minutes.

— Martha S. Richardson, Shades Valley High School, Birmingham

VEGETABLE DIP

Number of Servings — Approximately 3 Cups

8-oz. pkg. cream cheese
1 carton sour cream
1 c. mayonnaise
2 T. lemon juice
3-4 green onions, mostly blades, finely chopped
garlic salt to taste

(1) Cream the cream cheese. (2) Add sour cream, mayonnaise and lemon juice. Blend well. (3) Mix in chopped green onions and garlic salt. (4) Refrigerate until ready to use. (Serve with raw cauliflower, celery, carrots, radishes, etc.)

— Betty K. Mosley, Jackson High School

SPICY EMPINADOS

Number of Servings — 4 Dozen

CREAM CHEESE PASTRY

1 c. margarine
1 8-oz. pkg. cream cheese
½ t. salt
2 c. all-purpose flour, unsifted
1 egg yolk
2 t. milk or cream

(1) Beat margarine, cream cheese and salt until mixture is smooth. (2) Work in flour to a smooth dough. (3) Flatten dough between foil into 8'' x 6'' rectangle and chill overnight. (4) Remove from refrigerator 10 minutes before rolling. (5) Divide dough into 4 parts. (6) Roll to 1/8-inch and cut into 3-inch rounds. (7) Place 1 teaspoon filling in a round and fold over and crease with fork. (8) Brush top with a mixture of egg yolk and milk or cream. (9) Bake at 400 degrees about 20 minutes or until golden brown. (Bake 10 minutes longer if frozen.)

FILLING

1 lb. ground beef
1 pkg. spaghetti mix
¼ minced onion
1 t. seasoned salt
2 med. tomatoes, peeled and chopped
½ c. water
½ c. sharp Cheddar cheese, grated
¼ c. Parmesan cheese

(1) Brown beef until crumbly. (2) Stir in next four ingredients and water. (3) Simmer over low heat 20 minutes. (4) Remove from heat and add the Cheddar and Parmesan cheese. (5) Mix well and cool thoroughly.

— Sheila Murphree, Cullman Area Vocational School

GORP

Number of Servings — 6 Cups

6 c. rolled oats, quick-cooking
1 c. peanuts, shelled
½ c. shredded coconut
¼ c. wheat germ
½ c. honey
2 T. cooking oil
1 c. candy-coated milk chocolate pieces
½ c. mixed dried fruit, coarsely chopped
½ c. raisins

(1) In bowl combine oats, peanuts, coconut, and wheat germ. (2) Combine honey and oil and stir into oat mixture. (3) Spread out in a 9'' x 9'' x2'' baking pan. (4) Bake in 300 degree oven for 30 to 40 minutes or until light brown, stirring every 15 minutes. (5) Remove from oven. Transfer to another greased pan, cool without stirring. (6) Break up in large pieces; stir in candy pieces, dried fruit, and raisins. (7) Store in a tightly covered container or plastic bag. (Energy building between meal snack.)

— Glenda Sue Smith, Marshall Technical School, Guntersville

CRACKER JACKS

Number of Servings — 20

1½ c. brown sugar, packed
6 T. corn syrup
1½ sticks margarine
1 t. vanilla
¾ t. soda
15 c. popcorn, popped
2 c. peanuts, roasted (optional)

(1) Combine brown sugar, corn syrup and margarine in a large saucepan and bring to a boil over medium heat and boil for 5 minutes. (2) Remove from heat and add vanilla and soda and stir well. (3) Put popped corn and peanuts (pecans may be used) in a large pan, gradually add hot syrup, stirring from the bottom of the pan. (4) Put in 2 large

pans and bake in a 200 degree oven for 1 hour, stirring every 15 minutes. (5) Cool and store in air-tight containers. (Cook shelled peanuts in oven until half done before adding to popped corn. Peanuts that are fully cooked will work.)

— Mary E. Roddam, Clio High School
(Courtesy Marsha Stewart)

SNACK BEEF KABOBS

Number of Servings — 35-40

1 c. salad oil
¾ c. soy sauce
⅓ c. lemon juice
2 T. Worcestershire sauce
2 T. prepared mustard
1-2 t. pepper, coarsely cracked
2 cloves garlic, minced
3 lb. lean beef, cut in 1-inch cubes
meat tenderizer

(1) Mix first 7 ingredients for marinade. (2) Sprinkle beef with meat tenderizer; add marinade. (3) Refrigerate for 30 minutes to 1 hour. (4) Place on broiler pan and broil for 3-4 minutes about 2 inches from source of heat. (5) Turn and broil other side. (Place in chafing dish over hot water to keep hot. Do not cover.)

— Virginia B. Cash, Etowah High School, Attalla

SWEET AND SOUR MEATBALLS

Number of Servings — 48 Small Meatballs

2 lb. ground beef
2 eggs
½ c. bread or cracker crumbs
½ c. water
salt, pepper and garlic salt to taste
1 bottle chili sauce
½ c. grape jelly
juice of 1 lemon

(1) Mix first 5 ingredients. (2) Shape mixture in small meatballs. (3) Mix remaining ingredients for sauce. (4) Heat. (5) Drop meatballs into sauce; cover. (6) Simmer for 5 to 10 minutes.

— Sammye H. Dahlberg, Southern Choctaw High School, Silas

MINTS

Number of Servings — 60

3 T. Crisco shortening
3 T. milk
1 pkg. Betty Crocker white frosting mix
8 drops oil of peppermint
Food coloring (any color)

(1) Melt shortening with milk in double boiler. (2) Add frosting mix and stir until smooth. (3) Cook over rapid boiling water 5 minutes.

(4) Add peppermint. Tint with food coloring. (5) Drop by teaspoon on waxed paper. (When the mints are dry, store in covered container.)

— Nina M. Mayton, Hillcrest Jr. High School, Tuscaloosa

CHICKEN SALAD PARTY LOG OR MOLD

Number of Servings — 3 Cups

2 8-oz. pkg. cream cheese, softened
1 T. Worcestershire sauce
½ t. curry powder
1½ c. chicken, cooked and minced or 2 cans Tender Chunk Chicken
⅓ c. celery, minced
¼ c. parsley, chopped, divided
¼ c. almonds, toasted, chopped
Ritz crackers

(1) Beat together first three ingredients. (2) Blend in next two ingredients and 2 tablespoons parsley. (3) Shape mixture into a 9-inch log or pour into a well-oiled wax-paper lined mold of desired shape. (Example: Christmas Tree). (4) Wrap in plastic wrap and chill 4 hours or overnight. (5) Toss together remaining parsley and almonds; use to coat log or unmolded shape. (Serve with Ritz crackers.) (Suitable for freezing.)

— Margaret R. Kramer, Lanett High School

SPINACH STUFFED MUSHROOMS

Number of Servings — 8-10

3 T. butter or margarine
1 garlic clove, minced
2 containers of lge. fresh mushrooms
1 pkg. frozen chopped spinach
3 T. mayonnaise
3 T. Parmesan cheese
dash of tabasco sauce
1 T. lemon juice
½ t. Worcestershire sauce
1 t. seasoning salt

(1) Melt the butter and add the garlic. (2) Wash mushrooms and remove stems. (These stems can be used later in another dish.) (3) Dip the mushroom caps in the butter/garlic mixture. (4) Prepare the spinach according to package directions. Add the other ingredients. (5) Fill the mushroom caps with the mixture. (6) Place in baking dish and bake at 350 degrees for 20 minutes.

— Carla Shaw, Greenwood Middle School, Bessemer

GLAZED PEANUTS

Number of Servings — 1-10

½ c. water
½ c. sugar
2 c. peanuts, raw
salt

(1) Mix ingredients and cook until syrupy. (2) Spread on cookie sheet sprayed with Pam and cook in preheated oven 300 degrees for 15 minutes. (3) Salt, then stir and cook 15 minutes more. (4) Cool and serve. (Store in tight can or jar.)

— Alee J. Sasser, Brantley High School

CHILI CON QUESO

Number of Servings — 16-20

1 lb. ground beef
¼ c. green onion, chopped
8-oz. can tomato sauce
4-oz. can green chili peppers, drained, seeded, chopped
1 t. Worcestershire sauce
16-oz. process American cheese, cut into small pieces
dash garlic powder

(1) In large skillet, brown meat. (2) Add green onion; cook over low heat until tender but not brown. (3) Add tomato sauce, chili peppers, Worcestershire, and cheese. (4) Cook, stirring occasionally, until all cheese melts. Stir in garlic powder. (Serve in chafing dish over a low heat source with corn chips.) (Makes 1 quart sauce.)

— Kay Cavitt, Sheffield High School

CHILI CON QUESO

1 lb. American cheese, melted
1 can Rotel tomatoes and chives
1 sm. onion
1 sm. garlic
½ lb. ground beef, browned and drained
1 t. Jalapeno relish

(1) Melt cheese in double boiler. (2) Add all ingredients to melted cheese, stir until blended. (3) Serve hot or cold with raw vegetables.

— Golar Church, Andalusia Middle School

"K" RATION

Number of Servings — 24

1 c. white Karo syrup
1 c. sugar
1 c. crunchy peanut butter
6-8 c. Special K cereal

(1) Bring white Karo syrup and sugar to a boil. (2) Remove from heat and add crunchy peanut butter, stir until blended. (3) Add Special K cereal, stir until cereal is coated. (4) Pour into buttered pan 13'' x 9'' x 2''. (Cut before it completely cools.)

— Becky Thomas, Douglas High School

CHEESE BALLS OR ROLLS

½ lb. sharp cheese
½ lb. mild cheese
½ lb. cream cheese
1 t. grated onion juice
1 t. red pepper
1 T. Worcestershire sauce
1 t. lemon juice
dash salt
paprika

(1) Blend ingredients together. (If too soft, refrigerate for short time.) (2) Form into log or balls and roll in paprika. (3) Stick whole clove in ball to look like small orange. (4) Store in covered container. Separate layers with wax paper. (Will keep several months in refrigerator in air tight container.)

— Laura Ware Jacobs, Litchfield High School, Gadsden

BACON ROLL-UPS

Number of Servings — 36

¼ c. butter or margarine
½ c. water
1½ c. herb-seasoned stuffing
1 egg, slightly beaten
¼ lb. bulk pork sausage, hot or mild
½ to ⅔ lb. bacon, sliced

(1) Melt butter in water in saucepan, remove from heat and stir into stuffing. (2) Add egg and sausage and blend thoroughly. (3) Chill for about an hour for easier handling, then shape into small oblongs about the size of pecans. (4) Cut bacon strips into thirds, crosswise; wrap one piece around dressing mixture and fasten with wooden pick. (5) Place on rack in shallow pan and bake at 375 degrees for 35 minutes, or until brown and crisp, turning at halfway point in cooking. (6) Drain on paper towels and serve hot. (May be made the day before baking; also freezes well before baking.)

— Allene B. Dunn, Five Points High School

BACON ROLL-UPS

Number of Servings — 24

12 slices sandwich cheese, cut in half
12 slices whole wheat bread, crusts removed and cut in half
12 slices bacon, cut in half

(1) Place a cheese half on a bread half and roll tightly from the short end. (2) Wrap each roll-up with bacon, securing with a toothpick. (3) Place roll-ups on a broiler pan; bake at 350 degrees for 30 minutes, turning if necessary to prevent over browning. (May be prepared ahead of time, refrigerated, then baked.) (Suitable for freezing.)

— Joanie Greene Perry, Wadley High School

SHRIMP-CUCUMBER ROUNDS

Number of Servings — 40 Rounds

8-oz. pkg. cream cheese
⅓ c. mayonnaise
salt and pepper to taste
Tabasco sauce to taste
1 loaf sandwich bread
2 cucumbers
40 sm. shrimp, cooked
paprika

(1) Cream cheese with mayonnaise, salt, pepper and Tabasco sauce. (2) Cut sandwich slices into rounds, two per slice. (3) Wash, score and cut cucumber into thin slices. (4) Spread each round evenly with cream cheese mixture. (5) Top each with cucumber slice, a dab of cream cheese mixture and a cooked shrimp. (6) Sprinkle with paprika.

— Gale Turpin, C. F. Vigor High School, Prichard

PIMIENTO CHEESE SPREAD

Number of Servings — Makes approximately 50 Sandwiches

½ c. margarine
3 T. flour
1 lge. can Carnation evaporated milk
3 T. sugar
1¼ lb. hoop cheese
¾ pt. mayonnaise
1 lge. jar pimiento, chopped

(1) Melt margarine in saucepan. (2) Dissolve flour in milk. (3) Stir flour and milk mixture into melted margarine. (4) Add sugar and cook on low heat until thick. (5) Grate cheese on large side of grater. (6) Stir in cheese and continue stirring until melted. (7) Remove from heat and pour in mixing bowl. (8) Whip with mixer until smooth. (9) Add pimiento and mayonnaise. (10) Whip again until smooth. (11) Store in refrigerator in tightly covered container. (Will keep 3-4 weeks.)

— Sarah Blakeney, Slocomb High School

SHRIMP CANAPE' SPREAD

Number of Servings — 24 Canape's

4½-oz. can sm. Gulf Shrimp
1 T. lemon juice
1 T. onion, minced
2 T. stuffed olives, minced
3-4 T. mayonnaise
bread

(1) Drain and mash shrimp with a fork and sprinkle with lemon juice. (2) Mince onions and olives and add to shrimp. (3) Combine shrimp mixture with mayonnaise. (4) Cut small bread rounds and spread small amounts of filling on each. (Garnish if desired.) (5) Wrap and chill before serving. (Suitable for freezing.)

— Judith N. Brown, Montgomery Area Vocational Center

CHEESE STRAWS

1 jar old English sharp cheese
1 stick oleo margarine, room temperature
1¾ c. all-purpose flour, sifted
¼ t. red pepper

(1) Cream cheese with margarine. (2) Add sifted flour and red pepper. (3) Transfer cheese mixture to cookie press. (4) Press into ribbons. (5) Bake at 350 degrees for 10-12 minutes. (Do not brown.)

— Carolyn P. Lewis, Sweet Water High School

BITE-SIZE TURNOVERS

Number of Servings — 6 Dozen

1 stick margarine
3-oz. pkg. cream cheese
1 c. + 2 T. flour
4½-oz. can deviled ham or mincement, preserves (strawberry and peach) or jalapeno

(1) Cut margarine, cream cheese and flour together with pastry blender or knives until consistency of meal. (2) Form into ball; roll out on floured board or pastry cloth 1/8 to 1/16 inch thick. (3) Cut with round biscuit cutter. (4) Spread thinly with desired filling to 1/8 inch of edges. (5) Fold over and seal edges with fork. (6) Place on ungreased cookie sheet. Bake at 400 degrees for about 10 minutes or until golden brown. (May be frozen before baking.)

— Marion Hope Formby, Spring Garden High School

COCKTAIL WEINERS

Number of Servings — 10

6-oz. jar mustard
10-oz. jar currant jelly
1 lb. franks

(1) Melt jelly and mustard together in chafing dish or in saucepan on low heat. (2) Slice weiners diagonally and add to sauce. (3) Heat through. (Serve with toothpicks to spear.)

— Linda Mayo, Cullman High School

OYSTER WRAPS

Number of Servings — 25

8-oz. can oysters, drained
1 lb. bacon
toothpicks

(1) Cut bacon into 2'' strips. (2) Wrap bacon around an oyster and secure with a toothpick. (3) Broil wraps on one side until brown (5 minutes) and turn over and broil until brown. (Keep wraps warm in a crock pot or on a warming tray until serving time.)

— Carolyn Ricketson, Parker High School, Birmingham

Pies and Puddings

PIES

CANNED PEACH COBBLER

Number of Servings — 6

No. 2½ can sliced peaches
2 T. flour
3 T. sugar
pinch of salt
2 T. butter
1 T. lemon juice
plain pastry for single crust

(1) Drain juice from peaches and combine with flour, sugar, and salt, which has been sifted together. (2) Cook over heat, stirring constantly until mixture boils and thickens. (3) Remove from heat and add butter and lemon juice. (4) Combine with peaches and pour into a 6-cup casserole or baking dish. (5) Roll out the chilled pastry on a floured board to fit the top of the casserole; slit in several places and place over peaches. (6) Crimp edges of pastry. (7) Bake at 450 degrees 20 to 25 minutes or until crust is browned.

— Lois C. Johnson, Ramsay High School, Birmingham

DELICIOUS NO-SUGAR APPLE PIE

Number of Servings — 6

6-oz. can frozen apple juice concentrate
1 T. margarine
2 T. cornstarch
1 t. cinnamon
¼ t. nutmeg
6 c. delicious apples, peeled, sliced

(1) Place apple juice concentrate in a saucepan; bring to a boil. (2) Combine margarine, cornstarch and spices in a small bowl. Add a small amount of apple juice; stir until well blended. (3) Stir cornstarch mixture into apple juice. Pour over apples; stir carefully to coat all slices. (4) Pour into unbaked pie crust; place top crust over apples. (5) Bake at 425 degrees for about 30 minutes. Reduce temperature to 375 degrees; bake for 30 minutes longer. (Suitable for freezing.)

— Hilda Wright, Huntsville High School

CHERRY PIE SUPREME

Number of Servings — 6

9-inch pie shell
1-lb. 5-oz. can cherry pie filling
4 3-oz. pkg. cream cheese, softened
½ c. sugar
2 eggs
½ t. vanilla extract
1 c. dairy sour cream

(1) Preheat oven to 425 degrees. (2) Prepare pie shell. (3) Spread half of cherry pie filling in bottom; set remainder of filling aside. (4) Bake shell for 15 minutes, or just until crust is golden. (5) Remove from oven. Reduce temperature to 350 degrees. (6) In a small bowl, with portable mixer, beat cheese with sugar, eggs, and vanilla until smooth. (7) Pour over hot cherry pie filling. (8) Bake 25 minutes. (Filling will be slightly soft in center.) (9) Cool completely on wire rack. (To serve: spoon sour cream around edge of pie. Fill center with remaining cherry pie filling.)

— Ruth K. Walker, Opp High School

CHOCOLATE PIE

Number of Servings — 8

CRUST:
1 stick butter
2 T. sugar
1 c. all-purpose flour
⅓ c. pecans, chopped
8-oz. pkg. cream cheese
1 c. confectioners' sugar
1 sm. carton Cool Whip
2 c. cold milk
1 sm. box instant chocolate fudge pudding

(1) Melt butter. (2) Add sugar, flour, and pecans. (3) Mix and press on bottom and sides of a 9-inch pie pan. (4) Bake at 350 degrees for 20 minutes or until brown. Cool. (5) Beat cream cheese until fluffy. (6) Add sifted confectioners' sugar and Cool Whip and beat until well blended. (7) Pour into cooled pie shell. (8) Pour cold milk into a bowl and add pudding mix. (9) Beat on lowest speed of electric mixer until well blended, about 2 minutes. (10) Pour on top of Cool Whip mixture and chill thoroughly.

— Beverly Bentley, Lawrence County High School, Moulton

CHOCOLATE CREAM PIE

2 ½-oz. squares unsweetened chocolate
¾ c. sugar
Pinch of salt
5 T. all-purpose flour
13-oz. can evaporated milk
3 egg yolks, beaten
1 c. water
2 c. miniature marshmallows
¼ c. margarine
9" pastry, baked or graham cracker crust
3 egg whites
¼ t. cream of tartar
6 T. sugar

(1) Melt chocolate squares in top of double boiler over boiling water. (2) Add 3/4 c. sugar, salt, flour and 1/3 c. evaporated milk; mix well. (3) Add a small amount of chocolate mixture to egg yolks, and mix well. (4) Add yolk mixture to remaining hot mixture, mixing well. (5) Stir in water and remaining evaporated milk. Cook over boiling water until smooth and thickened, stirring constantly. (6) Remove from heat. Add marshmallows and margarine, stirring until melted. Cool filling. (7) Pour filling into crust. (8) Make meringue by beating egg whites and cream of tartar until frothy. Add 6 T. sugar gradually, beating until stiff. (9) Spread meringue over filling and bake at 325 degrees F. until brown.

— Betty Coe, District Specialist, Home Economics Education, State Department of Education, Montevallo

EASY CHOCOLATE MINT PIE

CRUST

6 oz. chocolate chips
2 T. margarine
2 c. Rice Krispies

(1) Melt chocolate chips and margarine. (2) Add Rice Krispies. (3) Pour into two 8'' or 9'' pie pans and refrigerate until firm.

FILLING

3 pts. chocolate chip ice cream
green food coloring
peppermint extract
or
3 pts. chocolate mint ice cream

(1) Stir to soften ice cream. (2) Add green food coloring to get desired shade. (3) Add peppermint extract to suit taste. (If using chocolate mint ice cream omit coloring and extract.) (4) Pour into firm pie crust and place in freezer.

— Lynne Otwell, Beauregard High School, Opelika

CHOCOLATE PEANUT CRUNCH PIE

Number of Servings — 8

4 c. Corn Chex cereal, crushed to 1 c.
¼ c. brown sugar, packed
⅓ c. cocktail peanuts, chopped
⅓ c. butter or margarine, melted
1½ c. milk
1 4½-oz. pkg. chocolate instant pudding
1 c. dairy sour cream

(1) Preheat oven to 300 degrees. (2) Butter one 9'' pie plate. (3) Combine Chex crumbs, sugar and peanuts. Add melted butter or margarine; mix thoroughly. (4) Press mixture evenly on bottom and sides of pie plate. (5) Bake 10 minutes; cool completely. (6) In mixing bowl, combine milk and pudding, beat slowly with rotary beater or low speed of elec-

tric mixer about 1 minute. (7) Beat in sour cream just until blended. (8) Turn into shell and chill about 1 hour or until set. (Garnish with whipped cream or additional peanuts.) (Suitable for freezing.)

— *Amanda W. Dial, Livingston Sr. High School*

CHOCOLATE MOUSSE PIE

Number of Servings — 6

4-oz. pkg. Bakers German Sweet Chocolate
⅓ c. milk
2 T. sugar
3-oz. pkg. cream cheese, softened
8-oz. container Cool Whip, thawed
8" graham cracker crust

(1) Heat chocolate and 2 tablespoons of the milk in saucepan over low heat, stirring until chocolate is melted. (2) Beat sugar into cream cheese; add remaining milk and chocolate mixture and beat until smooth. (3) Fold chocolate mixture into whipped topping, blending until smooth. (4) Spoon into crust. (5) Freeze until firm, about 4 hours. (Store any left-over pie in freezer.)

— *Betty Barnes, Beulah High School, River View*

CHOCOLATE SWIRL CHEESE PIE

Number of Servings — 12

1 c. sugar
3 8-oz. pkg. cream cheese, softened
5 eggs
1 T. vanilla
1 4-oz. pkg. sweet chocolate, melted, cooled

(1) Add sugar to cheese, beating well. (2) Add eggs, one at a time, beating well after each addition. Add vanilla. (3) Measure 1½ cups of the cheese mixture; fold in chocolate. (4) Pour remaining cheese mixture into well-buttered 10-inch pie pan or 9-inch square pan. (5) Add spoonsful of the chocolate batter to give marble effect. (6) Bake at 350 degrees for 40 minutes. (7) Cool, then chill.

— *Carol Jane White, Morgan County High School, Hartselle*

COCONUT PIE

Number of Servings — One 9" Pie

1 c. sugar
2 eggs
½ stick butter, melted
1 sm. can evaporated milk
1 t. vanilla
1 can coconut

1 pastry shell

(1) Mix sugar and eggs. (2) Add butter and milk. (3) Add vanilla and coconut. (4) Pour into unbaked pastry shell. (5) Bake at 325 degrees for 30-40 minutes.

— *Betty Canada, Munford High School*

COCONUT PIE

Number of Servings — 6

3 lge. eggs
1 c. sugar
¾ stick butter, melted and cooled
¼ c. buttermilk
½-1 c. coconut
1 t. vanilla
unbaked pastry shell

(1) Beat eggs until foamy, then gradually add sugar. (2) Blend in butter, buttermilk, coconut and vanilla. (3) Pour into an unbaked pastry shell and bake at 375 degrees for 10 minutes, then at 300 degrees for 35 minutes.

— Jaretta McNutt, Winfield High School

COCONUT SUPREME PIE

Number of Servings — 8

2 eggs
½ c. sugar
1 stick margarine, melted
1 lge. carton Cool Whip
1 c. pecans, chopped
1 lge. can coconut
graham cracker crust

(1) Cream sugar, eggs and margarine. (2) Add Cool Whip, pecans and coconut. (3) Pour into large pyrex dish lined with graham cracker crumbs. (4) Refrigerate several hours before serving. (Suitable for freezing.)

— Ann Daniels, Samson High School

AMAZING COCONUT PIE

Number of Servings — 12

2 c. milk
¾ c. sugar
½ c. biscuit mix
4 eggs
¼ c. butter
1½ t. vanilla
1 c. coconut

(1) Combine milk, sugar, biscuit mix, eggs, butter and vanilla in electric blender container. (2) Cover and blend on low speed for 3 minutes. (3) Pour into greased 9-inch pie pan. Let stand about 5 minutes; sprinkle with coconut. (4) Bake at 350 degrees for 40 minutes. (Suitable for freezing.)

— Carol Jane White, Morgan County High School, Hartselle

CUSTARD PIE

4 eggs, slightly beaten
½ c. sugar
¼ t. salt
½ t. vanilla
2½ c. milk, scalded
9-inch unbaked pastry shell
ground nutmeg
½ c. flaked coconut, optional

(1) Blend eggs, sugar, salt and vanilla. (2) Gradually stir in scalded milk. (3) Pour into pastry shell. (4) Sprinkle with nutmeg (if desired, omit nutmeg; sprinkle ½ cup flaked coconut on top of unbaked filling). (5) Bake at 350 degrees 35 to 40 minutes or until knife inserted halfway between center and edge comes out clean. (6) Cool on rack; then chill.

— Carolyn S. Morris, Falkville High School

MAMA'S EGG PIE

Number of Servings — 4 Pies

1 qt. whole milk
¼ t. salt
1 T. vanilla
½ stick margarine or butter
¼ t. yellow food color
10 med. eggs
½ c. flour
1 c. sugar

(1) Heat milk slowly. (2) Add salt, vanilla, margarine or butter and food color to warm milk. (3) Beat eggs. (4) Sift flour and sugar into beaten eggs. (5) Mix well and cook until it begins to thicken. (6) Pour into unbaked pie crusts. (7) Bake at 325 degrees 20 to 25 minutes. (Good with fresh or frozen coconut added.) (May be baked without crust by greasing pan with oil, then dusting with flour and heating in oven until flour browns before pouring in filling; then bake.)

— Mary Frances B. Wilson, Cherokee County High School, Centre

CREAM PIE WITH VARIATIONS

⅔ c. sugar
2 egg yolks
⅓ c. plain unsifted flour
2 c. milk
1 t. vanilla
1 T. margarine

1 baked pie shell

(1) Combine flour and sugar, beat egg yolks, add to milk and mix well. Slowly add to flour mixture. (2) Cook until thick enough to cut. Add vanilla and margarine. (4) Cover with meringue and bake at 350 degrees until meringue is brown.

VARIATIONS

Coconut pie: Add 1 can coconut to cream filling.
Chocolate pie: Use 1 cup sugar and 1/4 cup of cocoa.
Banana pudding: Use 1/4 cup flour, 1/2 cup of sugar, 3 sliced bananas. Add sliced bananas to cream filling and make as for any banana pudding. You can also substitute one drained can of fruit cocktail for bananas or one can of crushed pineapple.

— Augusta H. Johnson, Prattville Ninth Grade

EASY FRUIT PIE

Number of Servings — 4-6

½ c. butter or margarine
1 c. sugar
¾ c. all-purpose flour
2 t. baking powder
¼ t. salt
½ c. sweetened juice from fruit
¼ c. milk
29-oz. can sliced peaches or any fruit that has been sweetened and seasoned to taste

(1) Put butter in a 2-quart casserole dish; place in a 325 degree oven to melt. (The crust is crispier when cobbler is made in a shallow, rectangular 2-quart casserole dish.) (2) Combine sugar, flour, baking powder, salt, fruit juice, and milk. Pour over melted butter. Do not stir. (3) Spoon peaches or the fruit you desire on top of batter. Do not stir. (4) Bake at 325 degrees for 1 hour.

— Dianne Vining, Rudd Junior High School, Pinson

FRENCH SILK PIE

Number of Servings — 6-8

1 stick margarine
¾ c. sugar
2 squares unsweetened chocolate
1 t. vanilla
¼ t. salt
2 eggs
1 baked pie shell
whipped cream or Cool Whip
Walnuts

(1) Cream together margarine and sugar. (2) Melt chocolate; cool. (3) Add chocolate to creamed mixture with vanilla and salt. Mix well. (4) Add one egg at a time, beating five minutes after each addition. (5) Pour into baked pie shell. (6) Chill several hours. (7) Top with whipped cream or Cool Whip. Garnish with walnuts.

— Bertha Sanford, Evergreen High School

LEMON BLENDER PIE

Number of Servings — 6

1 lemon
1 c. sugar
¾ stick margarine
3 eggs
1 unbaked pie shell

(1) Preheat oven. (2) Wash and slice lemon (rind included) and remove seeds. (3) Put all ingredients in blender. (4) Mix at high speed one minute, or until well blended. (5) Pour into unbaked pie shell. (6) Bake at 325 degrees until brown (about 30 minutes).

— Alice E. Blackburn, Prattville High School, 9th grade

MYSTERY PIE

Number of Servings — 6 to 8

3 egg whites
1 c. sugar
1 c. pecans, chopped
23 Ritz crackers
1 pkg. Dream Whip
3 t. Nestles Quick Chocolate mix
1 Hershey bar

(1) Beat egg whites to form a peak. (2) Add sugar and mix. (3) Crush or roll Ritz crackers to make crumbs. (4) Fold in pecans and crackers. (5) Butter pie pan. (6) Pour crumbs into pan and push up along sides of pan. (7) Bake at 350 degrees for 25 to 30 minutes. (8) Whip Dream Whip as directed on package. (9) Add Nestles Quick mix (more can be added if desired). (10) Pour over cooled pie. (11) Finely chop a Hershey bar on top. (12) Refrigerate for several hours.

— Shirley Plattenburg, Butler High School, Huntsville

COMPANY PEACH PIE

Number of Servings — 6

1 stick margarine
¾ c. sugar
3 egg yolks
4 T. flour
pinch of salt
½ t. vanilla
2 c. sliced fresh peaches
1 unbaked pie crust
3 egg whites
pinch of salt
6 T. sugar

(1) Cream margarine and sugar; beat in egg yolks. (2) Blend in flour, salt, and vanilla. (3) Mix creamed mixture with sliced peaches. (4) Place mixture in unbaked pie crust, bake 40 minutes at 350 degrees. (5) Beat egg whites until frothy, gradually add sugar. Beat until stiff. (6) Cover baked pie with meringue. (7) Bake at 350 degrees for 12-15 minutes or until brown.

— Diana Lewis, Etowah Middle School, Attalla

CREAMY PEACH PIE

Number of Servings — 8

3-oz. pkg. peach Jell-O
¾ c. boiling water
1 c. (½ pt.) vanilla ice cream
1 c. cold milk
4-serving size pkg. vanilla instant pudding and pie filling
1 c. peaches, chopped
½ c. Cool Whip, thawed
1 crumb pie shell

(1) Dissolve Jell-O in boiling water. (2) Add ice cream; stir until melted. (3) Combine milk and pudding mix in small mixer bowl; beat at low speed of electric mixer for 2 minutes. (4) Add gelatin mixture; whip until thick and fluffy. (5) Fold in Cool Whip and chopped peaches. (6)

Spoon into pie shell and chill about 2 hours. (Garnish with additional Cool Whip and fresh or drained thawed peaches and raspberries, if desired.)

— Betty Jo Ryan, Albert P. Brewer High School, Somerville

FRESH PEACH PIE

1¼ c. sugar
2 c. water
4-5 c. peaches, peeled and sliced
¼ c. flour
1 t. tapioca
2 3-oz. pkg. peach Jell-O
2 9" baked pie shells

(1) Mix sugar, flour and tapioca together. (2) Add water, then bring to a boil and boil for 3 minutes. (3) Add Jell-O. (4) Cool, then add sliced peaches. (4) Pour into two baked pie shells. (5) Keep refrigerated.

— Gulmer Wilson, Secretary, Vocational Home Economics Office, Montevallo

HONEY PECAN PIE

Number of Servings — 6-8

1 c. sugar
½ c. honey
¼ c. butter or margarine, melted
3 eggs, well beaten
1 c. pecans, chopped
1 t. vanilla
9" pie shell, unbaked

(1) Combine sugar, honey and melted butter. (2) Add eggs, pecans and vanilla to syrup mixture and mix thoroughly. (3) Pour into 9" pie shell. (4) Bake 40 to 45 minutes in 350 degree oven. (Suitable for freezing.)

— Bettie M. Beasley, Calhoun County Area Vocational Center, Jacksonville

SOUTHERN PECAN PIE

Number of Servings — 1 Pie

3 eggs
⅔ c. sugar
Dash of salt
1 c. dark corn syrup
⅓ c. butter, melted
1 c. pecan halves
9-in. pastry shell, unbaked

(1) Preheat oven to 350 degrees. (2) Beat eggs thoroughly with sugar, dash of salt, corn syrup, and melted butter. (3) Add pecans. (4) Pour into unbaked pastry shell. (5) Bake 50 minutes, or until a knife, inserted half-way between outside and center of filling, comes out clean. (Cool before slicing.)

— Dorothy P. Petty, North Sand Mountain School, Higdon

TOASTED COCONUT-PECAN PIE

Number of Servings — 6

3 eggs, beaten
1½ c. sugar
½ c. butter or margarine, melted
2 t. lemon juice
1 t. vanilla extract
3½-oz. can flaked coconut
½ c. pecans, coarsely broken
1 unbaked 9" pie shell

(1) Thoroughly combine eggs, sugar, butter or margarine, lemon juice and vanilla. (2) Stir in coconut and pecans. (3) Pour into pie shell. (4) Bake at 350 degrees for 45-50 minutes or until filling is set.

— Emily C. Smith, Union Street Area Vocational Center, Montgomery

PEANUT ICE BOX PIE

Number of Servings — 8

3-oz. pkg. cream cheese
⅓ c. crunchy peanut butter
1 c. confectioners' sugar
9-oz. carton Cool Whip
graham cracker crust

(1) Blend cream cheese with peanut butter. (2) Add sugar and mix well. (3) Fold in Cool Whip. (4) Pour into pie crust. (5) Garnish with chopped peanuts. (6) Chill for several hours. (Suitable for freezing.)

— Ann Daniels, Samson High School

PINTO BEAN PIE

Number of Servings — 8

2 eggs
1½ c. sugar
½ c. butter or margarine, melted
½ c. pinto beans, cooked, drained and mashed
½ c. coconut
1 t. vanilla
1 pie shell, uncooked

(1) Beat eggs. (2) Add sugar, butter, pinto beans, coconut, and vanilla to eggs. (3) Mix thoroughly. (4) Pour mixture into unbaked pie shell. (5) Bake 45 minutes in pre-heated 350 degree oven, or until lightly browned. (Suitable for freezing.)

— Julia Ann McBride, Madison County Technical Center, Huntsville

RAISIN PIE

Number of Servings — 6-8

2 c. raisins
1¾ c. water
¼ c. milk
2 T. cornstarch
1 t. cinnamon
1/8 t. salt
1 T. butter or margarine
unbaked pie shell

(1) Add water to raisins in saucepan. Boil for 5 minutes. (2) In small bowl mix cornstarch, cinnamon, and salt. (3) Add milk to dry ingredients in bowl. (4) Add moistened dry ingredients to raisins and cook until thickened. (5) Add butter, stir until melted and pour in unbaked pie shell.

— Joyce Farrell, Glencoe High School

STRAWBERRY PIE

Number of Servings — 6

2 T. cornstarch
1 c. sugar
1 c. water
½ pkg. strawberry Jell-O
1 lge. pkg. strawberries, drained
1 baked pie shell
1 carton Cool Whip

(1) Mix together cornstarch and sugar. Add water and cook in a saucepan until thick. (2) Add one-half package of strawberry Jell-O and stir. (3) Place strawberries in a baked pie shell. (4) Pour thickened strawberry Jell-O mixture over strawberries. (5) Chill. (6) Top with Cool Whip. (Suitable for freezing.)

— Anna Smith, Muscle Shoals High School

STRAWBERRY PIE

Number of Servings — 8

1 c. water
¾ c. sugar
2 T. cornstarch
½ sm. box strawberry Jell-O
1 pt. fresh whole strawberries
½ lge pkg. cream cheese
¼ c. confectioners' sugar
1 T. lemon juice
1 graham cracker crust
1 c. whipped cream

(1) Stir together water, sugar and cornstarch. (2) Cook until thick. (3) Add Jell-O, stir until dissolved, cool slightly. (4) Gently blend in strawberries. (5) Combine cream cheese, confectioners' sugar, and lemon juice and spread on pie crust. (6) Add strawberry mixture. (7) Let cool thoroughly in refrigerator. (8) Top with whipped cream.

— Mary P. Young, Elba High School

CREAMY SWEET POTATO PIE

3-4 lge. sweet potatoes
½ c. butter, softened
2 c. sugar
4 eggs
½ t. nutmeg
½ t. salt
1 tall can evaporated milk
3 9" Frozen Regular Pie Crust Shells, or
2 9" Frozen Deep-Dish Pie Crust Shells

(1) Cook sweet potatoes in boiling water until fork easily pierces potatoes. Cool slightly. Remove skins. (2) Place cooked and peeled po-

tatoes into large mixing bowl. Mix with electric mixer until smooth. There should be 3½ cups of mashed sweet potatoes. (3) Stir in butter and sugar. (4) Beat in eggs, one at a time. (5) Mix in nutmeg, salt, and evaporated milk. (6) Pour into unbaked pie crusts. Place pans on cookie sheet. (7) Bake in 425 degree oven for 20 minutes. Lower heat to 325 degrees. Bake 30 to 45 minutes longer or until knife inserted near center comes out clean. (Cool before serving.)

— Zethalyn T. Linden, McIntyre Junior High School, Montgomery

PUDDINGS

BARBARA'S SWEET POTATO PUDDING

Number of Servings — 6-8

¼ c. butter, melted
½ T. cinnamon
½ T. nutmeg
2½ c. raw sweet potatoes, pared and grated
½ c. brown sugar
½ c. granulated sugar
13-oz. evaporated milk
½ T. grated lemon rind or orange
2 T. lemon juice or 4 t.
2 eggs, beaten until light

(1) Put potatoes in mixing bowl, add eggs; mix well. (2) Gradually beat in sugar. (3) Stir in milk, butter, lemon rind and juice. (4) Add cinnamon and nutmeg and mix thoroughly. (5) Pour pudding in a greased baking dish. (6) Bake in moderate oven, 350 degrees, for about 1/2 hour or until light brown and well set. (Suitable for freezing before or after baking.)

— Barbara C. Posner, Woodlawn High School, Birmingham

SWEET POTATO PUDDING

4 c. grated raw sweet potatoes
1 t. cinnamon
1½ c. sugar
1½ c. milk
1 t. nutmeg
½ t. salt
½ c. butter
4 eggs, well beaten
Marshmallows

(1) Cream butter with sugar; add eggs. Mix well. (2) Add the remaining ingredients except marshmallows. Mix well. (3) Pour into buttered 8'' x 8'' x 2'' pan. (4) Bake in 250 degree oven until potatoes are tender, about 2 hours. (5) Cover with marshmallows and soften in oven.

— Joyce A. Banks, West Side High School, Marion

CONGEALED SALADS

LAYERED BLUEBERRY DELIGHT

Number of Servings — 9

14 whole graham crackers
1 sm. pkg. Jell-O Brand Vanilla Flavored Instant Pudding and Pie Filling
1 c. Cool Whip
21-oz. can blueberry pie filling

(1) Line 9" square pan with whole graham crackers, breaking crackers, if necessary. (2) Prepare pudding mix as directed on package. (3) Let stand 5 minutes; then blend in whipped topping. (4) Spread half the pudding mixture over the crackers. Add another layer of crackers; top with remaining pudding mixture and remaining crackers. (5) Spread pie filling over top layer of crackers. (6) Chill 3 hours.

— Artense Meeks, Marshall Middle School, Evergreen

PEACH DELIGHT

Number of Servings — 12-15

1 lge. pkg. peach Jell-O
1 c. boiling water
1 c. cold water
1 can peach pie filling
1 med. can pineapple, drained
1 c. pecans, chopped
8-oz. cream cheese
1 c. sour cream
½ c. sugar

(1) Dissolve Jell-O in boiling water. (2) Add cold water. (3) Stir in pineapple, pie filling and nuts. (4) Mix well. (5) Congeal. (6) Mix cream cheese, sour cream and sugar. (7) Spread over top of congealed mixture.

— Linda J. Bland, Luverne High School

SPRING DELIGHT

Number of Servings — 12

1 lge. can crushed pineapple
1 lge. box peach Jell-O
2 c. buttermilk
1 lge. box Cool Whip
½ c. pecans (optional)

(1) Bring pineapple to full boil. Mix in gelatin. Stir until completely dissolved. Cool. (2) Add buttermilk. Fold in Cool Whip. (3) Chill in refrigerator. Several minutes before serving, sprinkle chopped fresh pecans over salad. (Serve in squares on crisp lettuce.)

— Sara Taylor, LaDow Area Vocational Center, Carrollton

ANY FLAVOR SALAD

Number of Servings — 12-15

1 can applesauce
2 pkg. cherry Jell-O, or any flavor
1 c. gingerale
1 sm. can crushed pineapple, undrained
½-1 c. nuts, chopped, optional

(1) Heat applesauce to boiling and remove from heat. (2) Stir 2 pkg. Jell-O into applesauce. (3) Add gingerale and chill until set. (4) Stir in pineapple and nuts and chill until firm.

— Patricia Fulford, Thorsby High School

APRICOT SALAD

Number of Servings — 6-8

1 sm. pkg. apricot Jell-O
⅓ c. sugar
⅓ c. water
1 sm. pkg. cream cheese, softened
1 sm. can crushed pineapple, drained
1 lge. jar apricot baby food with tapioca
1 sm. container Cool Whip
½ c. nuts, chopped

(1) Mix Jell-O, sugar and water and bring to a boil. (2) Add cream cheese, pineapple and baby food. (3) Fold in Cool Whip. (4) Pour mixture into a dish, top with chopped nuts and chill.

— Nadine H. Shipp, Fyffe High Sch

APRICOT SALAD

Number of Servings — 10

1 3-oz. pkg. apricot gelatin
⅓ c. sugar
⅓ c. water
4-oz. cream cheese
1 sm. can crushed pineapple
1 sm. jar strained apricot, baby food
7½-oz. whipped cream, Dream Whip, or Cool Whip

(1) Bring to boil gelatin, sugar and water. (2) Remove from heat and add cream cheese. Mix well. (3) Add pineapple and strained apricots. (4) Fold in whipped cream. (5) Pour into mold and chill. (Suitable for freezing.

— Margaret Winters, Northport Junior High Schoo

APRICOT-CHEESE SALAD

Number of Servings — 12

17-oz. can apricots, drained and chopped fine
1 lge. can crushed pineapple, drained
2 3-oz. pkg. orange-flavored gelatin
2 c. hot water
1 c. apricot juice
1 c. miniature marshmallows

(1) Drain fruit, keeping apricot and pineapple juice separate. (2) Chill fruit. (3) Dissolve gelatin in hot water. (4) Add the apricot juice. (5) Fold in apricots, pineapple, and marshmallows. (6) Chill until firm. (7) Then add topping.

APRICOT-CHEESE SALAD TOPPING

½ c. sugar
3 T. flour
1 egg, slightly beaten
2 T. butter
1 c. pineapple juice
1 c. whipping cream, whipped
¾ c. Cheddar cheese, shredded

(1) Combine sugar and flour. (2) Blend in egg and butter. (3) Add pineapple juice and cook over low heat, stirring constantly until thickened. (4) Cool thoroughly. (5) Fold in whipped cream and spread mixture over salad. (6) Sprinkle with cheese and chill. (7) Cut in squares and serve on lettuce.

— Sundra Ingram, Lineville High School

BROCCOLI SALAD

Number of Servings — 6-8

1 envelope Knox gelatin
1 can condensed consomme'
¾ c. mayonnaise
4 T. Worcestershire
2 T. lemon juice
dash tabasco
2 pkg. frozen chopped broccoli, cooked
4 hard boiled eggs, sliced

(1) Dissolve gelatin in heated consomme'. (2) Add other ingredients except eggs and broccoli and mix. (3) Place eggs and broccoli in salad mold. (4) Pour gelatin mixture over eggs and broccoli. (5) Chill. (Serve on bed of lettuce with mayonnaise.)

— Laura Ballard, Riverside Jr. High School, Northport

BUTTERMILK SALAD

Number of Servings — 16

1 lge. can crushed pineapple
1 lge. box strawberry Jell-O
2 c. buttermilk
1 lge. container Cool Whip
½ c. nuts, chopped

(1) Heat pineapple, add Jell-O and stir until dissolved, cool. (2) Add buttermilk, Cool Whip and nuts, stir and mix well. (3) Pour into mold and chill.

— Reba Miller, Gaylesville High School

CHILLED SALAD

Number of Servings — 12

2 3-oz. boxes dry Jell-O, lime is best
12-oz. cottage cheese
9 oz. Cool Whip
1 sm. can crushed pineapple, drained

(1) Stir the above together and pour into a bowl. (2) Chill before serving.

— Rietta S. Ford, Alabama School for Deaf, Talladega

COOL WHIP SALAD

Number of Servings — 10

1 lge. Cool Whip
1 c. sour cream
1 sm. pkg. orange Jell-O (any flavor may be used)
1 can mandarin oranges or lge. crushed pineapple
1 c. miniature marshmallows, optional
½ c. pecans, chopped

(1) Mix Cool Whip and sour cream together. (2) Stir in 1 small package dry Jell-O. (3) Fold in oranges or pineapple. (4) Add pecans and marshmallows. (5) Chill before serving.

— Linda Green, Weogufka High School

CRANBERRY SALAD

Number of Servings — 16

1 lb. cranberries
1 lge. navel orange
2 c. sugar
2½ sm. pkg. Jell-O
¾ c. nuts, chopped
3½ c. water, boiling

(1) Finely chop cranberries and orange, including peel. (2) Add sugar and set aside. (3) Dissolve Jell-O in the boiling water and mix well. (4) Add Jell-O mixture to cranberry mixture. (5) Chill several hours. (Keeps well in refrigerator.)

— Charlie Nell Johnson, Litchfield High School, Gadsden (Retired)

LEMON FLUFF SALAD

Number of Servings — 12-15

1 sm. can crushed pineapple
½ c. sugar
1 pkg. lemon Jell-O
1 c. water
1 c. pecans, chopped
1 c. cheese, grated
1 sm. carton Cool Whip

(1) Combine pineapple and sugar in a saucepan and heat to boiling. Remove from heat. (2) Add lemon Jell-O and water. Chill until set. (3) Stir in pecans, cheese and Cool Whip and chill until firm.

— Patricia Fulford, Thorsby High School

LEMON-LIME CONGEALED SALAD

Number of Servings — 10-12

- 3-oz. pkg. lemon Jell-O
- 3-oz. pkg. lime Jell-O
- 2 c. water, boiling
- ½ c. mayonnaise
- ½ c. sour cream
- 1 pt. cottage cheese
- ⅓ c. pecans, chopped
- 8-oz. can crushed pineapple, drained

(1) Dissolve lemon and lime Jell-O in 2 cups boiling water. (2) Chill until partially set. (3) Add mayonnaise, sour cream, cottage cheese, chopped pecans, and drained pineapple. (4) Chill completely and serve.

— Beverly Bentley, Lawrence County High School, Moulton

LIME CONGEALED SALAD

Number of Servings — 12

- 1 lge. pkg. or 6-oz. lime Jell-O (strawberry may be substituted)
- 2 c. boiling water
- 8-oz. pkg. cream cheese
- 1 c. pineapple juice or crushed pineapple
- 1 envelope Dream Whip
- ½ c. cold milk
- ½ t. vanilla
- ½ c. pecans, chopped

(1) Dissolve Jell-O in boiling water. (2) Beat cream cheese with electric mixer until soft. (3) Add 1/4 cup of Jell-O mixture to cream cheese beating until well blended. (4) Add remainder of Jell-O mixture to cream cheese mixing well. (5) Add 1 cup fruit juice and 1 cup ice cubes with enough water to equal 1 cup. (6) Pour mixture into a 7" x 12" pyrex dish. Place in freezer until partially congealed. (7) Beat Dream Whip, milk and vanilla in small bowl at high speed until mixture stands in peaks, but is light and fluffy. (8) Blend Dream Whip mixture into partially congealed Jell-O mixture. (9) Sprinkle chopped pecans on top. (10) Place in refrigerator to chill until firm enough to cut with a knife.

— Dorothy N. Brock, Monroeville Junior High School

LIME FLUFFY SALAD

Number of Servings — 20

- 2 lge. boxes lime Jell-O
- 2 envelopes unflavored Knox gelatine
- 4 c. water
- 1 lge. pkg. marshmallows
- 1 lge. can crushed pineapple, drained
- 1 lb. cottage cheese
- 1 12-oz. Cool Whip
- 1½ lbs. sour cream

(1) Boil water and dissolve Jell-O and gelatin. (2) Add marshmallows, cook and stir over heat until melted. (3) Chill until soft. (4) Beat chilled gelatin mixture, pineapple, cottage cheese, Cool Whip and sour cream until smooth. (5) Pour into molds. (6) Chill. (7) Cut in 2'' by 2½'' servings.

— Ann Freeman, Cullman County Area Vocational Center

MANDARIN ORANGE SALAD

Number of Servings — 12

1 pkg. orange gelatin
1 c. boiling water
1 pt. orange sherbet
8-oz. can mandarin oranges
1 c. whipped cream
1 c. pineapple, diced (optional)
nuts, chopped (optional)

(1) Dissolve gelatin in boiling water; add orange sherbet. (2) Let set until mixture begins to gelatinize about 20 minutes. (3) Fold in drained mandarin oranges, whipped cream, pineapple and nuts. Chill several hours before serving.

— Madelyn J. Howard, Cobb Junior High School, Anniston

ORANGE JELL-O SALAD

1 carton cottage cheese, small curd
9-oz. carton Cool Whip
1 sm. can crushed pineapple, drained
1 can Mandarin orange sections, drained
1 pkg. orange Jell-O, dry

(1) In large bowl mix first four ingredients thoroughly. (2) From package sprinkle Jell-O over mixture and blend in thoroughly. (Refrigerate for an hour before serving.)

— Carolyn Bryant, Hazel Green High Sch

SPRING SALAD

Number of Servings — 10-12

1 lge. lime Jell-O
1½ c. boiling water
¾ c. mayonnaise
1 c. cottage cheese
1 cucumber, peeled and grated
1 sm. onion, grated

(1) Dissolve Jell-O in large bowl with the boiling water. Stir sever minutes. (2) Add mayonnaise, cottage cheese, grated cucumber a grated onion. Mix well. (3) Pour into a gelatin mold and refrigerate. (Stir once when the Jell-O begins to set. (5) Refrigerate until time to serve (Serve on lettuce. Mayonnaise may be served on top if desired.)

— Jane Mayfield, Hewitt-Trussville High School

STRAWBERRY SURPRISE

Number of Servings — 9

1 lge. pkg. strawberry Jell-O
1 c. boiling water
2 10-oz. pkg. frozen strawberries, thawed
1 lge. can crushed pineapple
1 c. pecans
3 med. bananas
½ pt. sour cream

(1) Dissolve Jell-O in water. (2) Add strawberries and juice, pineapple, pecans, bananas. (3) Pour 1/2 mixture in dish. (4) Chill until set. (5) Spread sour cream and add other half of mixture.

— Cathy Huffstutler, Moody High School, Pell City

PARTY CHICKEN SALAD

Number of Servings — 8

1 pkg. unflavored gelatin
½ c. water
2 c. chicken, cooked and chopped
1 c. almonds, toasted
½ c. celery
1 c. green grapes
2 c. Cool Whip
1 c. mayonnaise

(1) Soften gelatin in 1/4 cup cold water. (2) Add 1/4 cup boiling water to this and set aside to cool. (3) Combine chicken, almonds, celery and grapes and set aside. (4) Combine Cool Whip, mayonnaise and gelatin mixture. (5) Fold chicken mixture into Cool Whip mixture. (6) Place in a two-quart gelatin mold and chill.

— Jo Ann Hooper, Lawrence County High School, Moulton

FRUIT SALADS

CALICO FRUIT SALAD

Number of Servings — 6

2-3 apples
1 banana and/or 1 pear
½ c. raisins
¼ c. peanut butter
3 T. honey
¼ c. milk
½ c. mayonnaise

(1) Wash, but do not peel apples and then chop. (2) Peel pear and banana and chop them. (3) Combine apples, pear, and banana in a bowl and stir in raisins. (4) Prepare peanut butter dressing by mixing peanut butter, honey, milk and mayonnaise. (5) Mix well and pour over salads.

— Rietta S. Ford, Alabama School for Deaf, Talladega

PEACHY FRUIT SALAD

Number of Servings — 10-12

mandarin oranges
pineapple chunks
1 can peac. e filling
1-lb. box frozen strawberries
4 bananas, sliced

(1) Drain oranges, pineapple, and strawberries. (2) Mix with bananas and then coat with peach pie filling. (Be sure to coat the bananas well to keep them from turning dark. Will keep in the refrigerator several days.)

— Bettie M. Beasley, Calhoun County Area Vocational Center, Jacksonville

FIVE CUP SALAD

Number of Servings — 8

1 c. coconut
1 c. miniature marshmallows
1 can mandarin oranges, drained
1 sm. can crushed pineapple, drained
8-oz. sour cream

(1) Mix ingredients in order listed. (2) After mixing place in serving dish and refrigerate. (3) Garnish with additional coconut or chopped pecans.

— Judy Stiefel, White Plains High School, Oxford

FRUIT SPECIAL

Number of Servings — 12-15

1 can peach pie filling
1 12-oz. pkg. frozen strawberries
1 can mandarin oranges, drained
1 can pineapple chunks, drained
2 bananas

(1) Mix together peach pie filling, strawberries with juice, oranges, and pineapple chunks. (2) Add bananas just before serving. (Colorful when served in a crystal bowl on a buffet table.)

— Broxie C. Stuckey, Gordo High School

SARAH'S FROZEN FRUIT CAKE SALAD

Number of Servings — 10

1 c. sour cream
½ of 4½-oz. carton Cool Whip, thawed
½ c. sugar
2 T. lemon juice
1 t. vanilla
1 lge. can crushed pineapple, drained
2 med. bananas, diced (optional)
½ c. red cherries
½ c. green cherries
½ c. nuts, chopped

(1) Blend together first 5 ingredients. (2) Fold in fruits and nuts. (3) Turn into 4½-cup mold. (4) Freeze. (Thaw for 10 minutes before servi[illegible].)

— Laura C. Clenney, Newville Area Voc[illegible]nal Scho[illegible]

FROZEN LEMON FLUFF

3 eggs, separated
¾ c. sugar
Juice and rind of 2 lemons
1 med. carton Cool[illegible]
1 pack graham crac[illegible]shed
2 T. sugar
1 stick ma[illegible]rine, melted

(1) Beat whites until stiff peaks form. (2) Gradually add 3/4 c. sugar and beat well. (3) Beat yolks until light and frothy. (4) Add lemon juice and rind. (5) Add to beaten whites; then fold in Cool Whip. (6) Pour into graham cracker crust and freeze.

To Make Crust: (1) Mix finely crushed graham crumbs with sugar. (2) Add melted margarine and mix well. (3) Press into corning or pyrex oblong dish and place in freezer. (Some of the crumb mixture may be reserved to sprinkle on top, if desired.)

— Margaret L. Benton, Secretary, Vocational Home Economics Office, State Department of Education, Montgomery

PARTY PINK PEAR SALAD

Number of Servings — 4

1-lb. 14-oz. can pear halves
⅓ c. red cinnamon candies
3-oz. pkg. cream cheese
2 T. milk
1 t. lemon juice
⅓ c. flaked coconut
9-oz. can crushed pineapple, drained
2 T. slivered almonds, toasted (optional)

(1) Drain pears, reserving syrup. Combine with cinnamon candies and heat until dissolved. (2) Add pears and bring to a boil. (3) Chill pears in the syrup for several hours or overnight. (4) Blend cream cheese with the milk and lemon juice. Add remaining ingredients. (5) Drain pears thoroughly, then place filling in the center of half of the pear halves, spreading well to edges of pears. (6) Top with remaining pear halves. Chill. (To serve, stand the stuffed pears on crisp salad greens. Garnish with sprig of mint, and serve with small party sandwiches, if desired.)

— Mary B. Mills, Vina High School

PINK SALAD

Number of Servings — 6-8

2 3-oz. pkg. cream cheese, softened
½ c. mayonnaise
1 lge. can fruit cocktail, drained
7-oz. Cool Whip
Maraschino cherries

(1) Soften cream cheese and whip with mixer. (2) Blend in mayonnaise and add large can fruit cocktail and container of Cool Whip. (3) Chop cherries and add only as many as desired. (A little cherry juice will make salad pink.) (4) Refrigerate. (Flavor is enhanced if made the day before it is to be served.)

— Shirley W. Cotten, T. R. Miller High School, Brewton

PISTACHIO SALAD

Number of Servings — 10-12

1 box Pistachio instant pie filling
20-oz. can crushed pineapple
9-oz. container Cool Whip
1 c. nuts, chopped
1 c. miniature marshmallows

(1) Mix pudding mix with Cool Whip. Add pineapple, including juice, nuts and marshmallows. Chill one hour before serving.

— Katie Precise, Woodville High School

FROZEN STRAWBERRY SALAD

Number of Servings — 15-20

1 can strawberry pie filling
9-oz. Cool Whip
1 can Eagle Brand milk
¼ c. lemon juice
1 lge. can crushed pineapple, drained
1 c. pecans, chopped

(1) Mix all ingredients and freeze. (2) Keep frozen until time to serve. (3) Cut into squares and serve. (Suitable for freezing.)

— Virginia Knight, West Morgan High School, Trinity

FROZEN STRAWBERRY PINEAPPLE SALAD

1 No. 2½ can crushed pineapple
30 lge. marshmallows, cubed
2 pkg. frozen strawberries, thawed
3 bananas, cubed
1 c. cream, whipped

(1) Combine pineapple and marshmallows. (2) Soak overnight. (3) Add strawberries and bananas. (4) Stir in cream. (5) Place in pan or mold and freeze until firm.

— Audrey Hasenbein, Mortimer Jordan High School, Morris

VEGETABLE SALADS

CAULIFLOWER SALAD BOWL

Number of Servings — 8

SALAD:

4 c. raw cauliflower, thinly sliced
1 c. green olives, coarsely chopped
⅔ c. green pepper, coarsely chopped
½ c. pimiento, coarsely chopped
¼ c. onion, chopped

DRESSING:

½ c. salad oil
3 T. lemon juice
3 T. vinegar
3 t. salt
½ t. pepper
½ t. sugar

(1) In medium size salad bowl, combine ingredients as follows: cauliflower, olives, green pepper, pimiento, and onion. (2) Mix all ingredients for dressing thoroughly. (3) Pour dressing over salad mixture. (4) Refrigerate covered until well chilled (about 4 hours or overnight for more flavor). (5) Toss lightly before serving.

— Cynthia Davis, West Limestone High School, Lester

"SUMMER" CORN SALAD

Number of Servings — 12

2 cans white whole corn, drained
2 med. red onions, cut up
1 lge. bell pepper, cut up
1 lge. tomato, cut up
salt to taste
pepper to taste
3 T. French dressing

(1) Combine ingredients and add salt, pepper, and dressing. Chill. (Other dressings may be substituted.)

— Helen Greenhaw, Athens High School

DANNA'S GARDEN SALAD

Number of Servings — 12

1 c. broccoli, raw, fresh, chopped
1 c. cauliflower, raw, fresh, chopped
3 c. cabbage, raw, coarse shredded
½ c. radishes, sliced
½ c. green onions with stem, chopped
¾ c. mayonnaise
¼ c. wine vinegar
¼ c. lemon juice
Salt and pepper to taste
2 T. celery seeds

(1) Combine broccoli, cauliflower, cabbage, radishes and onions in large bowl. (2) Make salad dressing with remaining ingredients in separate bowl. Mix dressing until well blended. (3) When ready to serve, pour dressing over salad and toss. (Will keep several days, stored in an air tight container in refrigerator.)

— Diana Johnson, Highview Vocational School, Albertville

SEVEN LAYER SALAD

1 head lettuce, broken in bite size pieces
1 c. celery, thinly sliced
1 lge. red Spanish onion, sliced thin
2 c. mayonnaise
2 T. sugar
1½ t. salt
10 slices bacon, fried crisp
1 c. Mozzarella cheese, grated
1 pkg. frozen chopped broccoli, thawed and uncooked
1 c. Cheddar cheese

(1) In a 3-quart rectangular casserole dish, spread layer of lettuce. (2) Cover lettuce with layer of celery. (3) Cover celery with a layer of onions. (4) Combine mayonnaise, sugar and salt and spread over onion layer. (5) Crumble crisp bacon over mayonnaise layer. (6) Sprinkle layer of uncooked chopped broccoli over bacon. (7) Cover broccoli with grated cheese. (8) Cover with foil and refrigerate. (Prepare 12-24 hours before serving. Keeps 2-3 days.)

— Frances Reid Gardner, Secretarial Home Economics Office, Montevallo

TASTY LAYERED SALAD

Number of Servings — 10-12

1 sm. head lettuce, cut up
10-oz. pkg. frozen green peas
1 head cauliflower, chopped
½ lb. bacon, fried crisp and crumbled
1 pkg. Good Seasons Italian dressing mix
1 to 1½ c. mayonnaise
½ lb. Cheddar cheese, grated

(1) Layer ingredients in large salad bowl in the order listed, spreading the mayonnaise to "seal" the salad. (2) Cover tightly and refrigerate overnight. (3) Toss before serving.

— Nell West, Sparkman High School, Toney

GERMAN POTATO SALAD

Number of Servings — 2-4

1 lb. (3 med.) potatoes
6 sl. bacon, diced
1 med. onion, diced
½ c. vinegar
½ c. stock or bouillon
1 t. salt
¼ t. pepper
1 t. sugar
1 egg yolk, beaten

(1) Scrub potatoes; rinse and boil in jackets; let cool. (2) Peel and cut in 1/4-inch slices. (3) Cook bacon until crisp. (4) Add onion; stir and cook until transparent. (5) Stir while adding vinegar, stock or bouillon, and seasonings; let come to a boil. (6) Stir in egg; remove from heat and pour over potatoes. (Serve hot.)

— Anna Lee Woodward, Burrell-Slater Area Vocational School, Florence

MARINATED SLAW

Number of Servings — 6

1 lge. head cabbage
1 green or red bell pepper
2 c. vinegar
2½ c. sugar
1 t. mustard seed
1½ t. celery seed
1 t. turmeric
1 t. salt

(1) Shred cabbage and pepper, set aside. (2) Combine vinegar, sugar, mustard seed, celery seed, turmeric and salt in a large pan, boil all these ingredients for five minutes. (This must be a full boil.) (3) Cool and pour over cabbage and pepper. (4) Marinate 12 hours in refrigerator.

— Peggy F. Burleson, Anniston High School

SOUR SLAW

Number of Servings — 8

½ green cabbage, shredded
½ purple cabbage, shredded
1 lge. green pepper, diced
1 med. onion, diced
½ c. celery, diced
½ c. carrots, shredded
2 t. salt
1¼ c. sugar
½ c. vinegar
½ c. oil
2 T. sugar

(1) Mix together cabbage, green pepper, onion, celery, carrots, salt, and 1¼ cup of sugar. (2) Let set in refrigerator for 1 hour. (3) Bring to boil vinegar, oil, and 2 tablespoons sugar. Boil 3 or 4 minutes and pour over the cabbage mixture. (4) Store in refrigerator.

— Lisa Humble, John Essex High School, Demopolis

MISCELLANEOUS SALADS

BEEF SALAD

2 c. cold roast beef, chopped
1 c. celery, diced
¼ c. sweet pickles, chopped
2 hard-cooked eggs, diced
½ t. salt
1 c. tart apples, diced
⅓ c. mayonnaise
crisp lettuce

(1) Combine beef, celery, pickles, eggs, salt, and apples. (2) Stir in mayonnaise and mix lightly. (3) Serve on lettuce.

— Audrey Hasenbein, Mortimer Jordan High School, Morris

GUACAMOLE SALAD

Number of Servings — 2-3

1 lge. avocado
1 t. lemon juice
1 T. mayonnaise
2 T. sour cream
1 t. onion, minced
½ t. salt
2-3 drops Tabasco
¼ t. black pepper
1 tomato, chopped
2 c. lettuce, shredded

(1) Cut avocado in half, remove seed and scrape avocado out of shell. (2) Mash avocado and add all ingredients except the tomato and lettuce. Refrigerate until ready to serve. (3) Add tomato just before serving. (4) Put lettuce on salad plate and top with the avocado mixture. (This salad is good served with corn chips or crackers.)

— Janene Witt, Bay Minette Area Vocational Center

MEXICAN SALAD

Number of Servings — 12

1 head lettuce
2 tomatoes
1 sm. onion, diced
1 can red beans, drained
1½ c. sharp cheese, grated
6 sm. bags Fritos, crumbled
1 bottle Catalina salad dressing

(1) Combine lettuce, tomatoes, onion, beans and cheese; mix well and chill. (2) Before serving, add Fritos and dressing.

— Sherry Grey, Berry High School

MEXICAN SALAD

Number of Servings — 4-6

1 head Iceburg lettuce
1 bell pepper, chopped
4 tomatoes
1 lb. med. Cheddar cheese, grated
1 can Mexican chili beans, drained
1 pkg. Taco-flavored Doritos
1 sm. bottle Catalina salad dressing

(1) Break lettuce into bite size pieces. (2) Add bell pepper pieces, tomatoes in bite size pieces, grated cheese, drained beans, Doritos and dressing and mix lightly. Serve immediately.

— Mary O'Laire, George Rogers Area Vocational Center, Gardendale

MEXICAN CHILI SALAD

Number of Servings — 6

1 lb. ground beef
½ c. onion, chopped
¼ c. green pepper, chopped
1 pkg. chili seasoning mix
1 qt. V-8 Juice
¾ c. green chilies, chopped
2 c. hot chili beans
lettuce, shredded
cheese, grated
corn chips, regular size

(1) Brown beef. (2) Add onion and green pepper, and cook until tender. (3) Drain excess fat. (4) Stir chili seasoning mix into meat, onion, and green pepper mixture. (5) Add V-8 juice, green chilies, and beans. (6) Simmer over low heat for 45 minutes. (Salad may be assembled according to individual preference.) (7) Place shredded lettuce and corn chips in the bottom of individual salad bowls and then top with chili and grated cheese. (This is a great main dish for a large group. The chili can be kept hot in a crock pot and the other ingredients can be placed in large bowls. Each person makes his own salad.)

— Cheryl W. Hulsey, Opelika High School

SPAGHETTI SALAD

Number of Servings — 10

8-oz. pkg. spaghetti
1½ c. celery, chopped
6 hard cooked eggs, chopped
½ c. salad olives, chopped
2 sm. sweet pickles, chopped
¾ c. cheddar cheese, chopped
½ c. mayonnaise
2 T. lemon juice

(1) Cook spaghetti as directed on package, drain. (2) Mix all ingredients with spaghetti except mayonnaise and lemon juice. (3) Mix 1/2 cup mayonnaise and 2 tablespoons lemon juice and combine with spaghetti. (Onion may be added if desired.) (4) Chill for several hours before serving.

— Beuna Glidewell, Cordova High School

SALAD DRESSINGS

BUTTERMILK DRESSING

Number of Servings — 2 cups

1¼ c. mayonnaise
⅔ c. buttermilk
2½ T. garlic salt
1 T. black pepper
1 T. parsley flakes (if desired)

(1) Blend mayonnaise and buttermilk until well blended. (2) Add garlic salt, black pepper, and parsley flakes and mix well. (3) Store in refrigerator. (Will keep for about 2 weeks.)

— Elizabeth Bowdin, Kinston High School

FRENCH DRESSING

Number of Servings — 3 Cups

1 lge. onion
1 clove garlic
1 can tomato soup
¼ c. sugar
½ c. vinegar
2 T. mustard
1 T. pepper
1 t. salt
2 T. Worcestershire sauce
1 c. oil

(1) Grate onion and garlic. (2) Add other ingredients in the order given. (3) Beat well at medium speed with the mixer. (4) Store in refrigerator in covered jar. (This will keep for several weeks.)

— Mary E. Threlfall, Fultondale High School, Birmingham

SALAD DRESSING

Number of Servings — 1½ cups

⅓ c. salad oil
¼ c. ketchup
¼ c. vinegar
1 sm. onion, chopped
1 t. salt
1 t. celery salt
¼ c. sugar
1 t. paprika

(1) Put all ingredients into blender container. (2) Blend until onion is pureed. (3) Store in pint jar in refrigerator.

— Karen Stewart, Hayden High School

Vegetables, Preservation and Miscellaneous

VEGETABLES

SWEET AND SOUR BEETS

Number of Servings — 15

1 can sl. beets
1 can chunk pineapple
½ c. brown sugar
½ c. white sugar
½ c. vinegar
1 T. corn starch

(1) Drain juice of beets and pineapple into saucepan and bring to a boil. (2) Combine remaining ingredients. Add to mixture to thicken. (3) Pour pineapple and beets into mixture. Heat and serve.

— Annie Morris Crawford, James A. Davis High School, Bessemer

BROCCOLI SPECIAL

Number of Servings — 6-8

2 T. onion, minced
2 T. butter or margarine
1½ c. sour cream
2 T. sugar
1 t. vinegar
½ t. poppy seed
½ t. paprika
1/8 t. salt
dash pepper
2 10-oz. pkg. broccoli, cooked
⅓ c. cashews, chopped

(1) Saute' onions in butter. (2) Mix onions, sour cream, sugar, vinegar, poppy seed, paprika, salt and pepper. (3) Heat thoroughly. (4) Pour over hot cooked broccoli. (5) Top with cashews and serve.

— Ilene Carlisle, Benjamin Russell High School, Alexander City

CARROT-MUSHROOM STIR-FRY

Number of Servings — 4

2 T. butter
2 T. cooking oil
1 lb. or 7 lge. carrots, peeled and sliced very thin
¾ lb. mushrooms, sliced very thin
5 med. green onions with tops, sliced thin
1 T. lemon juice
¼ t. salt
¼ t. black pepper

(1) In large (10 or 12 inch) skillet, heat butter and oil until bubbly. (2) Add carrots, mushrooms, and onions. (3) Cook and stir until vegetables are tender or about 8 minutes. (4) Stir in lemon juice, salt, and pepper. (Serve immediately.)

— Jimmie Dollar, Cullman High School

MARINATED CARROTS

Number of Servings — 12

2 lb. carrots
1 bell pepper
1 med. onion
1 c. sugar
½ c. vinegar
½ c. Wesson oil
1 t. dry mustard
1 t. salt
1 t. black pepper
1 can condensed tomato soup

(1) Slice carrots and cook in unsalted water until tender. (2) Drain in colander, then place in bowl. (3) Chop bell pepper and onion. (4) Mix sauce ingredients together. (5) Simmer until onions and pepper are tender. (6) Pour over cold carrots. (7) Refrigerate. (This will keep for weeks.)

— Kathryn C. Davis, Jackson High School

MARINATED CARROT COINS

Number of Servings — 15

2 lb. carrots
1 green pepper, sliced thin
1 onion, sliced thin
½ c. salad oil
¾ c. vinegar
Salt and pepper to taste
1 can tomato soup
1 c. sugar
1 t. prepared mustard
1 t. Worcestershire sauce

(1) Slice carrots in thin rounds and cook in salted water until barely tender. Drain. (2) When cool place in casserole in alternate layers with pepper rings and onion slices. (3) Mix together all other ingredients. (4) Pour over vegetables. Refrigerate at least 24 hours.

— Marjorie S. Ball, Robert E. Lee High School, Montgomery

FRIED ITALIAN EGGPLANT

Number of Servings — 6

1 med. eggplant, peeled and cut into ¼ inch slices
salt
1 egg
1½ T. water
1 t. salt
½ t. pepper
½ c. fine saltine cracker crumbs
3 T. Parmesan cheese, grated
salad oil

(1) Sprinkle eggplant slices on both sides with salt, and drain on a wire rack or paper towels. (2) Combine egg, water, 1 teaspoon salt, and pepper; beat well. (3) Combine cracker crumbs and Parmesan cheese; stir well. (4) Dip eggplant in egg mixture; coat with cracker crumbs. (5)

Place on waxed paper and let stand at room temperature 10 minutes. (6) Fry in hot salad oil until golden brown; drain on paper towels.

— *Theresa Summers, Mount Hope High School*

SAVORY SAUTE'ED FRESH MUSHROOMS

Number of Servings — 6

1 lb. fresh whole mushrooms
½ c. margarine
½ c. onions, minced
¼ c. parsley, chopped
2 T. lemon juice
1 t. salt

(1) Rinse, pat dry and halve fresh mushrooms. Set aside. (2) Melt margarine in a large skillet. (3) Add onions and saute' for 2 minutes. (4) Add mushrooms and saute' for 5 minutes. (5) Stir in parsley, lemon juice, and salt. (6) Serve hot. (May be served over toasted sliced French bread.)

— *Susan H. Emmons, Priceville Junior High School, Decatur*

STUFFED ONIONS

Number of Servings — 6

6 lge. red Italian onions or Spanish onions
salt
2 slices bacon, diced
1 c. turkey, cooked, finely minced
1 egg, slightly beaten
½ c. herb-seasoned bread stuffing
2 T. water or stock
1 t. salt
dash of pepper

(1) Pell onions; cut slice off tops. (2) Parboil onions in boiling, salted water 20-30 minutes, or until tender. (3) Cut out centers to make shells about 1/2 inch thick; sprinkle insides with salt. (4) Chop enough of centers to make 1/2 cup. (5) Fry bacon; set aside. (6) Saute' chopped onion in bacon fat until lightly browned. (7) Combine minced turkey, egg, bread stuffing, water, salt, pepper, saute'ed onion, and diced bacon. (8) Stuff onions; place in shallow baking dish with small amount of water. (9) Bake in 375 degree oven 30 minutes or until lightly browned.

— *Barbara C. Posner, Woodlawn High School, Birmingham*

FRENCH ONION PIE

Number of Servings — 6-8

1 unbaked deep 10" pastry shell
3-oz. can French-fried onions, divided
4 eggs, slightly beaten
2 c. milk
1½ c. shredded pasteurized process American cheese, divided
½ t. salt
dash of cayenne

(1) Prick bottom and sides of pastry shell; bake at 450 degrees for 7-8 minutes. Set aside to cool. (2) Reserve ½ cup onions; sprinkle remaining onions in pastry shell. (3) Combine eggs, milk, 1/2 cup cheese, salt and cayenne; mix well. (4) Pour into pastry shell; sprinkle with remaining 1 cup cheese. (5) Bake at 350 degrees for 45 minutes. (6) Sprinkle reserved onions around edge, and bake 5-10 minutes or until center is set. Let stand at least 10 minutes before serving.

— Bertha Sanford, Evergreen High School

EASY CHEESY PEAS

Number of Servings — 6

10-oz. can condensed cream of mushroom soup
½ c. water or milk
1 c. Cheddar or process cheese, shredded
1 T. parsley, chopped
dash of crushed tarragon
17-oz. can sweet peas, drained

(1) Stir soup in saucepan until smooth; gradually blend in water or milk, cheese, parsley and tarragon. (2) Heat until cheese is melted, stirring occasionally. (Serve over cooked peas.)

— Luegenia D. Rogers, Fairhope Sr. High School

STUFFED PEPPERS

Number of Servings — 8

4 lge. green peppers
½ stick butter
⅔ c. onion, chopped fine
1 lb. lean ground beef
1 c. canned tomatoes, drained
2 T. Worcestershire
2 c. cooked rice
salt and pepper to taste
¼ c. bread crumbs, buttered

(1) Cut out stem end of pepper and cut in half. (2) Remove the seeds and white membrane. (3) Blanch 5-10 minutes in boiling water. (4) Heat the butter and saute' beef and onions until beef is browned. (5) Add tomatoes and continue cooking until liquid is absorbed. (6) Remove from heat and stir in rice, Worcestershire, salt and pepper to taste. (7) Stuff peppers and top with buttered bread crumbs. (8) Place in shallow baking dish with about 1/4 inch of water. (9) Bake at 350 degrees F. for about 20 minutes or until browned. (10) Serve with tomato sauce.

— Sue Smith, State Specialist, Home Economics Education, State Department of Education, Montgomery

BUTTERED BROWNED POTATOES

Number of Servings — 6

3 lge. baking potatoes
½ c. butter, melted
salt to taste
pepper to taste

(1) Peel baking potatoes; cut each into 6 slices; dry. (2) Coat in 1/4 cup melted butter in a 2-qt. baking dish. (3) Add salt and pepper. (4) Bake covered, in a single layer, 20 minutes. (5) Uncover, baste with other 1/4 cup butter and bake 30 minutes.

— Jo Anne Blair, Bibb Graves High School, Millerville

STUFFED BAKED POTATOES

Number of Servings — 10

10 Idaho potatoes
1 stick margarine
1 carton sour cream
½ lb. bacon, fried crisp and crumbled
1 c. American cheese, grated
3 T. dried chives
1 T. salt
milk

(1) Wash potatoes. Place on oven rack. Bake 1 hour at 450 degrees. (2) Remove from oven and cut off tops, enough to scoop out pulp. Work while potatoes are hot. (This is the secret of a good stuffed potato.) (3) In a large bowl, mix potato pulp with remaining ingredients except milk. Add enough milk to reach a medium consistency. (4) Stuff potatoes and bake at 400 degrees about 10 minutes.

— Doris D. Patterson, Fairview High School, Cullman

RATATOUILLE (RA-TA-TWEE)

Number of Servings — 8-10

1 lge. onion, sliced in thin wedges
2 cloves garlic, minced
¼ c. olive or cooking oil
1 16-oz. can tomatoes, cut up
1½ t. dried thyme, crushed
1 t. salt
¼ t. pepper
1 bay leaf
1 med. eggplant, unpeeled
2 med. zucchini, cut in strips
2 green peppers, seeded and cut in strips
salt and pepper to taste

(1) In Dutch oven, cook onion and garlic in oil until tender. (2) Add the undrained tomatoes and seasonings. (3) Cover and simmer 10 minutes. (4) Discard bay leaf. (5) Remove and set aside 2 cups sauce mixture. (6) Slice the eggplant in half lengthwise, then crosswise into 1/2 inch slices. (7) Arrange half of eggplant, zucchini, and pepper over sauce in pan. (8) Sprinkle with salt and pepper. (9) Cover with 1 cup reserved sauce. (10) Arrange remaining vegetables atop; sprinkle with more salt and pepper and pour over remaining sauce. (11) Cover and simmer 20 minutes. (12) Uncover and simmer 15 minutes more. (Serve hot or cold.)

— Anna Lee Woodward, Burrel-Slater Area Vocational School, Florence

RICE JARDIN

Number of Servings — 8

¾ c. onions, chopped
1½ lb. zucchini, thinly sliced
2 T. butter or margarine
1-lb. can whole kernel corn, drained
1-lb. can tomatoes
3 c. cooked rice
1½ t. salt
¼ t. pepper
¼ t. ground coriander
¼ t. leaf oregano

(1) Saute' onions and zucchini in butter or margarine until tender. (2) Add remaining ingredients. (3) Cover and simmer 15 minutes. (Suitable for freezing.)

— Mildred T. Dickerson, Brighton High School

SPINACH ELEGANTE
(Microwave)

Number of Servings — 6

WELSH RAREBIT (Microwave)
3 T. margarine
3 T. flour
½ t. salt
few grains cayenne
1½ c. milk
½ t. Worcestershire sauce
1 c. sharp cheese
1 egg, beaten
1 Welsh Rarebit recipe or 10-oz. frozen pkg. rarebit
8 sl. bacon
2 10-oz. pkg. frozen spinach
½ c. water chestnuts, drained and sliced
3½-oz. can French fried onions

(1) Micro-cook margarine 45 seconds. (2) Blend in flour, salt and cayenne. (3) Stir in milk and Worcestershire sauce. (4) Micro-cook uncovered 1 minute, stir. (5) Cook until thick and bubbly, 2 minutes; stir every 30 seconds. (6) Stir in sharp cheese, until melted. (7) Gradually stir the above mixture into beaten egg; return to hot mixture. (8) Micro-cook, uncovered, 30 seconds; stir after 15 seconds. (9) Set aside the prepared Rarebit. (10) In 10'' x 6'' x 2'' dish, layer bacon in paper toweling and cook about 6-7 minutes. Remove bacon and crumble. Set aside and drain any drippings. (11) Place spinach in same dish, micro-cook, covered, 6 minutes, stirring once. Drain and season with salt to taste. (12) Stir in water chestnuts and 1/3 cup of the rarebit. Sprinkle with bacon. (13) Spread remaining rarebit over all. Top with onion rings. (14) Micro-cook, uncovered, about 5 minutes, turning dish once.

— Patsy C. Gaines, Daleville High School

ZUCCHINI-SAUSAGE SKILLET

Number of Servings — 6

½ lb. pork sausage
2 T. onion, finely chopped
6 or 8 sm. zucchini squash
½ t. salt
¼ t. oregano
Dash garlic powder
3-oz. pkg. cream cheese

(1) Crumble sausage into large skillet and saute' along with onion until lightly browned. (2) Slice squash 1/4 inch thick over browned sausage. (3) Sprinkle with salt, oregano and garlic powder. (4) Cover and allow to simmer 10 minutes or until squash is just tender. (5) Slice cream cheese over squash. Return cover until cheese is melted. (6) Gently fold mixture until melted cream cheese is evenly distributed. (Serve piping hot.)

— Carolyn Turner, East Lawrence High School, Trinity

PRESERVATION

PICKLED FIGS

3 lb. figs, stems and skins left on
½ c. soda
boiling water

SYRUP:
6 lb. sugar
1 c. vinegar
1 c. water
2 T. whole cloves and 3 sticks cinnamon, in bag

(1) Sprinkle soda over figs in large container, cover with boiling water and let stand for 5 minutes. Rinse well, at least 2 or 3 times. (2) Combine all ingredients for the syrup and bring to boil. (3) Add figs and boil 10-15 minutes. (4) Set aside overnight. (5) Cook 10-15 minutes each day for four days. (6) On last day, put in sterile jars and seal. (If any syrup is left, use by adding pears or peaches.)

— Laura C. Clenney, Newville Area Vocational School

ZUCCHINI SQUASH PICKLES

Number of Servings — 6 Pints

1 qt. distilled white or apple cider flavored vinegar
2 c. granulated sugar
¼ c. salt
2 t. celery seed
2 t. ground turmeric
1 t. dry mustard
5 lbs. 5 to 6-inch long zucchini, unpeeled, cut in ¼" slices
1 qt. or 4-5 med. onions, thinly sliced

(1) Combine vinegar, sugar, salt, celery seed, ground turmeric, and dry mustard in saucepan; bring to a boil. (2) Pour over zucchini and onions; let stand 1 hour, stirring occasionally. (3) In saucepot, bring mixture to a boil, then simmer 3 minutes. (4) Continue simmering while quickly packing one clean, hot jar at a time. (5) Fill to within 1/2 inch of top, making sure vinegar solution covers vegetables. (6) Cap each jar at once. (7) Process 5 minutes in boiling-water bath.

Jewel Hester, Russellville High School

PICKLE RELISH

1 gal. cucumbers, chopped
4 T. salt
5 c. water
4 c. onions, chopped
8 bell peppers, chopped
2 sticks cinnamon
1½ t. celery salt
6 c. sugar
4 c. vinegar

(1) Mix chopped cucumbers with 4 T. salt and 4 cups water. Let stand until you get onions and peppers cut up. Drain, add remaining ingredients and boil 20 minutes. Put in sterile jar and seal.

— Jo Nell Hollingsworth, Hubbertville High School, Fayette

MISCELLANEOUS

SPICED PEACHES

2 29-oz. cans peach halves
1⅓ c. sugar
1 c. cider vinegar
4 sticks cinnamon
2 t. whole cloves

(1) Drain peaches, reserving syrup. (2) Combine syrup, sugar, vinegar, cinnamon and cloves. (3) Bring mixture to a boil, lower heat and simmer for 10 minutes. (4) Pour hot syrup over peaches. (5) Let cool and store in refrigerator.

— Kay Johnson, District Specialist, Home Economics Education, State Department of Education, Montevallo

APPLE STICK RELISH

Number of Servings — 6-8

3 tart apples
⅔ c. onion, chopped
½ c. dill pickle, chopped
½ c. sugar
¼ c. vinegar

(1) Cut apples into uniform strips. (2) Heat vinegar enough to dissolve sugar. Cool. (3) Combine vinegar and sugar mixture with apple sticks, onion, and dill pickle. (This is a quick relish with an unusual flavor that is delicious with ham.)

— Evelyn Briggs, Central High School, Florence

BAR-B-CUE SAUCE

Number of Servings — Sauce for 4 Pounds of Meat

⅓ c. vinegar
¼ c. cooking oil
1 t. Worcestershire sauce
½ t. onion, grated
1 clove garlic, minced
¾ t. salt
¼ t. paprika
½ c. catsup
½ t. dry mustard
4 drops tabasco sauce

(1) Mix all ingredients well. (2) Store in jar. (3) Keep refrigerated. (This is a good sauce for outdoor and indoor meat cookery — beef, pork, chicken, etc.)

— Margaret Winters, Northport Jr. High School

HELEN'S SPAGHETTI SAUCE

Number of Servings — 8-10

3 lbs. hamburger
2 lge. cans tomatoes
1 lge. bottle catsup
1 lge. bell pepper
1 T. chili powder
1 clove garlic/garlic juice
1 T. Italian Seasoning
Hot sauce
1 t. cayenne pepper
Bay leaves
1 lge. onion
8 oz. mushrooms

(1) Cook and drain hamburger. (2) Mix and add all other ingredients to hamburger. (3) Simmer for 1-2 hours. The longer it simmers the better it is. (Serve over Vermicelli.)

— Sue Smith, State Specialist, Home Economics Education, State Department of Education, Montgomery

ITALIAN SPAGHETTI SAUCE

Number of Servings — 8

2 T. olive oil
1 onion, chopped
3 cloves garlic, minced
1 lb. hamburger meat
2 sm. cans tomato paste
3 cans water
¼ t. pepper
1 bay leaf
2 T. parsley
1/8 t. oregano
1/8 t. basil
1 t. salt

(1) Saute' onions and garlic with olive oil in a heavy skillet, only until onions are transparent. (2) Brown hamburger meat. (3) Drain hamburger to remove extra fat. (4) Combine hamburger and tomato paste in heavy skillet with onion mixture. (5) Add spices, water and seasonings. (6) Simmer on low temperature for 30 minutes or more. (Serve over cooked spaghetti that has been coated with olive oil.) (Suitable for freezing.)

— Rebecca Stringer, Coffeeville High School

Index

Page

BEVERAGES

French Hot Chocolate 5
Apricot Fizz 5
Orange Fizz 5
Hot Chocolate Mix 6
Clear-Water Cranberry Punch 6
County Line Punch 6
Florida Punch 6
Red Punch 7
Sharon's Punch 7
Slush Punch 7

BREADS

Quick Breads

Cheesy Mushroom Biscuits 8
Cream Cheese Biscuits 8
Cheese Bread 8
Strawberry Bread 9
Strawberry Nut Bread 9
Speedy Orange Coffeecake 9
Sours Cream Cornbread 10
Apple Muffins 10
Bran Muffins 10
Cream of Wheat Muffins 10
Pumpkin Muffins 11
Reather's Surprise Muffins 11
Squash Puppies 11
Easy Caramel Ring 12

Yeast Breads

Yeast Biscuits 12
Honey-Whole Wheat Loaves 12
M.A.V.C. Whole Wheat Bread 13
Monkey Bread 13
Potato Bread 14
Yeast Bread 14
Kolachi 15
Angel Rolls 15
Dinner Rolls 15
Martha's Rolls 16
Mom's Yeast Rolls 16
Out Of This World Rolls 16
Quick Yeast Rolls 17
Refrigerator Rolls 17
Spoon Rolls 18
Tender Dinner Rolls 18

CAKES, FILLINGS AND FROSTINGS

Cakes

Fresh Apple Nut Cake 19
Banana Cake 19
Delicious Caramel Cake 20
Carrot-Pineapple Cake 20
Chocolate Fudge Cake 20
Chocolate Fudge Cake 21
Chocolate Sour Cream Cake 21
White Chocolate Cake 22
Coconut Cake 22
Coconut Refrigerator Cake 23
Golden Date Cake 23

Page

Economical Light Fruit Cake 24
Refrigerator Fruit Cake 24
Alabama Lane Cake 24
Layer Cake 25
Fresh Orange Layer Cake 26
Delmonico Nut Cake 26
Pineapple Cake 27
Pineapple-Coconut Delight Cake 27
Pineapple Upside Down Cake 27
Pound Cake 28
Easy Pound Cake 28
Brown Sugar Pound Cake 28
Chocolate Pound Cake 29
German's Chocolate Pound Cake 29
Coconut Pound Cake 29
Marble Pound Cake 30
Old Fashioned Marble Pound Cake 30
Pineapple Pound Cake 30
Red Velvet Pound Cake 31
Tea House Pound Cake 31
Whipping Cream Pound Cake 31
Favorite Pound Cake 32
7 Up Pound Cake 32
Fresh Strawberry Cake 32
Sweet Potato Cake 33
Cake With Brandied Fruit 34
Gingerbread With Lemon Sauce 34
Hummingbird 34

Fillings and Frostings

Caramel Icing 35
Chocolate Icing 35
Chocolate Icing 36
Chocolate Fudge Icing 36
Easy Birthday Frosting 36
Never Fail Caramel Frosting 36
Creamy Morsel Frosting 37
Tangy Lemon Frosting 37

CANDIES

Chocolate Peanut-Butter Butter Balls 38
Peanut Butter Candy 38
Almond Bark Candy 39
Mexican Pecan Candy 39
Martha Washington Candy 39
Karo Cream Caramels 39
Rocky Road Clusters 40
Cherry Divinity 40
Microwave Fudge 40
Microwave Fudge 41
Rocky Road Fudge 41
Millionaires 41
Lil's Mounds 41
Pralines 42
Taffy 42

CASSEROLES

Beef Casseroles

Beef and Potato Bake 43
Sweet and Sour Meat Balls 43
Bottoms Up Casserole 44

Page

Ground Beef Casserole 44
Hungry Jack Casserole 44
Mexican Casserole 45
Mexican Casserole 45
Pizza Flavored Casserole 46
Fiesta Crepes En Casserole 46
Hamburger Chop Suey 47
Husband's Delight 47
Mazetta 47
Beef Stroganoff 48

Pork Casseroles

Breakfast Casserole 48
Quick Breakfast Casserole 48
Noodle-Cheese-Ham Casserole 49
Ethel's Ham and Rice Casserole 49
Easy Pork Chop Casserole 49
Sausage Casserole 50
Egg and Bacon Puff Pie 50

Poultry Casseroles

Chicken Salad Bake 51
Baked Chicken With Rice 51
Marinated Baked Chicken Breasts 51
Rolled Chicken Breasts 52
Chicken Casserole 52
Chicken Casserole 52
Chicken Casserole 53
Chicken-Asparagus Casserole 53
Busy Day Chicken Casserole 54
Cheesy Chicken Casserole 54
Creamy Chicken Casserole 54
Chicken-Rice Casserole 55
Hot Chicken Salad Casserole 55
Poppy Seed-Chicken Casserole 55
Appled Chicken 56
Company Chicken 56
Crab Stuffed Chicken 56
King Ranch Chicken 57
Party Chicken 57
Swiss Chicken 58
Chicken Casseroles Creole 58
Chicken "Divine" 58
Chicken Special 59
Sweet and Sour Chicken 59
Jane Johnson's Chicken Supreme 60
Lazy Man's Chicken Tetrazzini 60

Seafood Casseroles

Janice's Crab Casserole 60
Fish and Shrimp Casserole 61
Shrimp Casserole 61
Tuna Casserole 61
Shrimp Rockefeller 62

Vegetable Casseroles

Asparagus Casserole 62
Asparagus Casserole 63
Broccoli Casserole 63
Broccoli Casserole 63
Broccoli Crunch Casserole 64
Broccoli and Rice Casserole 64

Page

Brussels Sprouts Au Gratin 64
Green Bean Casserole 65
Celery Casserole 65
English Pea Casserole 65
Green Pea Casserole 66
Potato Casserole 66
Irish Potato Casserole 66
Sweet Potato Casserole 67
Squash Casserole 67
Summer Squash Casserole 67
Zucchini Squash Casserole 68
Vegetable Casserole 68
Mixed Vegetable Casserole 69
Baked Beans 69
Swiss Green Beans 69
Baked Creamed Spinach 70
Cheese-Squash Bake 70
Squash Dressing 70
Cheesy Scalloped Potatoes 71
Gourmet Potatoes 71
Cherry Potato Souffle' 71

Miscellaneous Casseroles

Crispy Macaroni and Cheese 72
Overnight Baked Cheese Omelet 72
Cheese Pudding 73
Hot Fruit Casserole 73
Baked Fruit Salad 73
Green Rice Casserole 74
Fancy Egg Scramble 74
Lasagne 75
Simple Sunday Night Souffle' 75

COOKIES

Cookies

Tea Cakes 76
Tea Cakes 76
Basic Cookie 76
The Carter Cookie 77
Chocolate Cookies 77
Forgotten Cookies 77
Fruit Cake Cookies 78
Holiday Fruit Cookies 78
Health Cookies 79
Pastel Jell-O Cookies 79
Chewy Oatmeal Cookies 79
Banana Oatmeal Cookies 80
Chocolate Buttersweets 80
Oatmeal Chip Cookies 81
Oatmeal Coconut Cookies 81
Pound Cake Cookies 81
Powder Puff Cookies 82
Quick Cookies 82
Rolled Cookies 82
Ruth's Cookies 82
Sugar Cookies 83
Sugar Cookies 83
Pastel Sugar Cookies 83
Sour Cream Sugar Cookies 84
Easy Chocolate Chippers 84
Peanut Butter Reese Cups 84

Page

Golden Nut Drops 85
Coconut Almond Logs 85
Melting Moments 85
Russian Rocks 86
Sand Tarts 86

Bars and Squares

Brazil Nut Triple Layer Bar 87
Double Chocolate Crumble Bars 87
Double Chocolate Crumble Bars 88
Easy-Cheesy Lemon Bars 88
Rich Peanut Butter Bars 89
Pecan Pie Bars 89
Treasure Chest Bars 89
Chew Bread 90
Brownies 90
Blonde Brownies with Chocolate Chips 91
Moist N' Chewy Brownies 91
Filled Brownies 91
Gumdrop Cookies 92
Chess Squares 92

DESSERTS

Frozen Desserts

Chocolate Ice Cream 93
Homemade Ice Cream 93
Tutti-Frutti Ice Cream 93
Vanilla Ice Cream — Custard Base 94
Ice Cream Dessert 94
Linda's Lotus Cream 94
Oreo Delight 95
Pink Velvet Delight 95
Lemon Mousse 95

Refrigerator Desserts

Blueberry Breeze 95
"Quicky" Refrigerator Fruit Cake 96
Mocha Cake 96
Peach Delight 96
Pineapple Delight 97
Strawberry Delight 97
Strawberry Delight 97
Heavenly Rice Dessert 98
Ice Cream Dessert 98
Instant Berry Ice Cream 98
Daffodil Angel Loaf 99
Peach Mousse 99
Luscious Cherry Pie 99
French Pudding 100

Miscellaneous Desserts

Pineapple-Cheese Bake 100
Ro's Surprise Bars 100
Apple Betty 101
Cheesecake 101
Cheesecake/Sour Cream Topping ... 101
Individual Cheesecakes 102
Mini Cheesecakes 102
Apple Crisp 103

Page

Groovey Butter Cake 103
Debbie's Delight Cherry Cake 103
Strawberry-Banana Cobbler 103
Fresh Peach Crisp 104
Apple Nut Dessert 104
Blueberry Dessert 105
Easy Chocolate Dessert 105
German Chocolate Brownie Dessert (Microwave) 105
Three Layer Fruit Dessert 106
Cherry Delight 106
Cake Doughnuts 107
Blueberry and Pretzel Pie 107
Divinity Nut Pie 107
Fudge Pie 108
Strawberry Pizza 108
Baked Chocolate Pudding 108
Chocolate Casserole Pudding 109
Lemon Cake Pudding 109
Blackberry Roll 109
Pumpkin Roll 110
Apple-Date Squares 110
Holy Smoke 111
Lemon Torte 111

MEATS, POULTRY AND SEAFOOD

Beef

Beef Stew 112
Old-Fashioned Beef Stew 112
Braised Beef 113
Sweet Beef 113
Mexican Pot Roast 113
Beef or Chicken Roll 114
Oriental Beefsteak Strips 114
Mushroom Swiss Steak 115
Parmesan Steaks 115
Stroganoff 116
Beef Stroganoff 116

Ground Beef

Chili Con Carne 117
Scramble Burgers 117
Meat Croquettes 117
Bar-B-Cups 118
Creamed Beef 118
Beef Up Biscuit 118
Beef Roll-Ups 119
Chili-Mac 119
Chuck Wagon Mac 120
Barbecued Meat Loaf 120
Cheeseburger Loaf 120
High Protein Meat Loaf 121
Tasty Meat Loaf 121
Polynesian Meatball 121
Stuffed Green Peppers (Microwave) . 122
Meat Loaf and Potatoes 122
Chili Cheeseburger Pie 122
Hamburger Pie 123
Taco Pie 123
Mexican Dinner 123

Page

Hamburger Stroganoff 124

Pork

Barbecued Ham Roast 124
Raisin-Molasses Topped Ham 124
Spanish Pork Chops 125
Pork Chops Supreme 125
Pork Chops Supreme 125
Pork Chops With Stuffing 126
Wish Bone Pork Chops 126
Sweet Sour Spareribs, Chinese Style 126

Poultry

Chicken Breast 127
Barbequed Chicken (Oven) 127
Mother Mary's Barbequed Chicken 127
Broiled Chicken 128
Creamed Chicken 128
Emperor's Chicken 128
Oven Fried Chicken 129
Oven Fried Chicken 129
Chicken Livers Elegante' 129
Chicken 'N Mushroom Packages 130
Chicken Pie 130
Chicken Pot Pie 130
Party Chicken and Cheese Pie 131
Chicken Saete 132
Chicken in Wine 132
Quick Chicken 132
Baked Chicken Sandwich 133
Baked Cornish Hens (Original) 133
Baked Cornish Hens 133
Rice Stuffed Rock Cornish Hens 134
Dressing (To be used with Chicken or Turkey) 134
Oven Quick Barbecued Turkey 135

Seafoods

Festive Mullet 135
Scalloped Oysters 135
Seafood Thermidor (Microwave) 136

Miscellaneous Meats

Spam Croquettes 136
Creole Franks 137
Creole Franks 137
Liver and Onion Supreme 137
Quiche 138
Quiche Lorraine with Swiss Cheese 138
Crab Meat Quiche 138
Hamburger Quiche 139
Smothered Quail 139

PARTY FOODS

Chocolate Balls 140
Cheese Ball 140
Holiday Cheese Ball 140
Quick and Easy Cheese Ball 141

Page

Chicken Balls 141
Sausage Balls 141
Pecan Bits 141
Hot Cheese Canapes 142
Shrimp Cocktail 142
Cheese Crisps 142
Artichoke Party Dip 143
Broccoli Dip 143
Crabmeat Dip 143
Hot Dip 143
Hot Beef Dip 144
Vegetable Dip 144
Spicy Empinados 144
Gorp 145
Cracker Jacks 145
Snack Beef Kabobs 146
Sweet and Sour Meatballs 146
Mints 146
Chicken Salad Party Log or Mold 147
Spinach Stuffed Mushrooms 147
Glazed Peanuts 147
Chili Con Queso 148
Chili Con Queso 148
"K" Ration 148
Cheese Balls or Rolls 149
Bacon Roll-Ups 149
Bacon Roll-Ups 149
Shrimp-Cucumber Rounds 150
Pimiento Cheese Spread 150
Shrimp Canape' Spread 150
Cheese Straws 151
Bite-Size Turnovers 151
Cocktail Weiners 151
Oyster Wraps 151

PIES AND PUDDINGS

Pies

Canned Peach Cobbler 152
Delicious No-Sugar Apple Pie 152
Cherry Pie Supreme 153
Chocolate Pie 153
Chocolate Cream Pie 153
Easy Chocolate Mint Pie 154
Chocolate Peanut Crunch Pie 154
Chocolate Mousse Pie 155
Chocolate Swirl Cheese Pie 155
Coconut Pie 155
Coconut Pie 156
Coconut Supreme Pie 156
Amazing Coconut Pie 156
Custard Pie 156
Mama's Egg Pie 157
Cream Pie With Variations 157
Easy Fruit Pie 158
French Silk Pie 158
Lemon Blender Pie 158
Mystery Pie 159
Company Peach Pie 159
Creamy Peach Pie 159
Fresh Peach Pie 160
Honey Pecan Pie 160

Page

Southern Pecan Pie.....160
Toasted Coconut-Pecan Pie.....161
Peanut Ice Box Pie.....161
Pinto Bean Pie.....161
Raisin Pie.....161
Strawberry Pie.....162
Strawberry Pie.....162
Creamy Sweet Potato Pie.....162

Puddings

Barbara's Sweet Potato Pudding...163
Sweet Potato Pudding.....163

SALADS AND SALAD DRESSINGS

Congealed Salads

Layered Blueberry Delight.....164
Peach Delight.....164
Spring Delight.....164
Any Flavor Salad.....165
Apricot Salad.....165
Apricot Salad.....165
Apricot-Cheese Salad.....166
Broccoli Salad.....166
Buttermilk salad.....166
Chilled Salad.....167
Cool Whip Salad.....167
Cranberry Salad.....167
Lemon Fluff Salad.....167
Lemon-Lime Congealed Salad.....168
Lime Congealed Salad.....168
Lime Fluffy Salad.....168
Mandarin Orange Salad.....169
Orange Jell-O Salad.....169
Spring Salad.....169
Strawberry Surprise.....170
Party Chicken Salad.....170

Fruit Salads

Calico Fruit Salad.....170
Peachy Fruit Salad.....170
Five Cup Salad.....171
Fruit Special.....171
Sarah's Frozen Fruit Cake Salad...171
Frozen Lemon Fluff.....171
Party Pink Pear Salad.....172
Pink Salad.....172
Pistachio Salad.....172
Frozen Strawberry Salad.....173
Frozen Strawberry Pineapple Salad.....173

Vegetable Salads

Cauliflower Salad Bowl.....173
"Summer" Corn Salad.....174
Danna's Garden Salad.....174
Seven Layer Salad.....174
Tasty Layered Salad.....175
German Potato Salad.....175
Marinated Slaw.....175
Sour Slaw.....175

Page

Miscellaneous Salads

Beef Salad.....176
Guacamole Salad.....176
Mexican Salad.....177
Mexican Salad.....177
Mexican Chili Salad.....177
Spaghetti Salad.....177

Salad Dressings

Buttermilk Dressing.....178
French Dressing.....178
Salad Dressing.....178

VEGETABLES, PRESERVATION AND MISCELLANEOUS

Vegetables

Sweet and Sour Beets.....179
Broccoli Special.....179
Carrot-Mushroom Stir-Fry.....179
Marinated Carrots.....180
Marinated Carrot Coins.....180
Fried Italian Eggplant.....180
Savory Saute'ed Fresh Mushrooms.....181
Stuffed Onions.....181
French Onion Pie.....181
Easy Cheesy Peas.....182
Stuffed Peppers.....182
Buttered Browned Potatoes.....182
Stuffed Baked Potatoes.....183
Ratatouille (Ra-Ta-Twee).....183
Rice Jardin.....184
Spinach Elegante (Microwave).....184
Zucchini-Sausage Skillet.....185

Preservation

Pickled Figs.....185
Zucchini Squash Pickles.....185
Pickle Relish.....186

Miscellaneous

Spiced Peaches.....186
Apple Stick Relish.....186
Bar-B-Cue Sauce.....187
Helen's Spaghetti Sauce.....187
Italian Spaghetti Sauce.....187